Electric Cookery

MONTGOMERY WARD

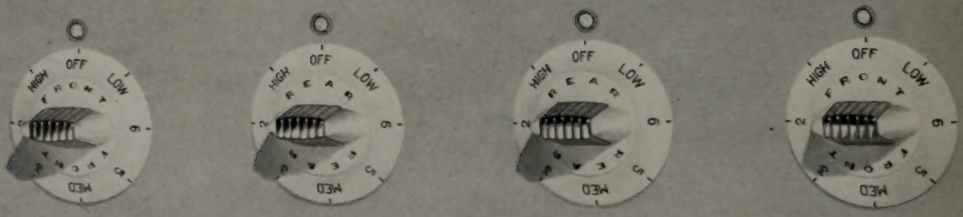
A Dream come True

Your new Wards Electric Range! A range that looks, cooks and bakes the way *you* want it—it was designed by America's housewives. A range that will serve you well for many years—it was built to Wards exacting specifications.

In selecting a Wards Electric Range you have made a lasting investment in gracious living. It is your servant, designed to give you better meals plus added leisure. The road to better living is open to you.

The beauty of Wards Electric Range is not just "skin deep"—it has been built to give you years of perfect service. It not only makes your kitchen a room to be proud of but also provides a healthy, clean way of making your meals taste better. You don't have to learn to cook all over again—electric cooking is just the modern, sure way of preparing the best tasting food with less stress and strain.

Wards conducted an extensive survey to learn what improvements you wanted in your new range. Seven thousand women favored a large, efficient range with an extra large oven and automatic oven control; one that would be convenient to operate and easy to clean. Your Wards Electric Range is the answer. Extensive research has been combined with the finest workmanship to give you what you want; it is your dream come true. Wards is proud to present this range to you.



THESE FEATURES MEAN MORE LEISURE AND BETTER LIVING

COOK TOP—The cooking surface of Wards Electric Range has been designed for economy of operation, cleanliness and appearance. The large size allows ample work space for cooking and serving. The distinctive backguard, main top and switch panel are in one piece. There are no seams or cracks to collect dirt; it's easy to clean.

CLEAN-HEAT SURFACE UNITS—The 7-heat surface units have maximum flexibility, even heat distribution and speed; they are easy to clean. Clean-heat units have a special wiring arrangement that permits heat to be tailored to fit utensils being used. By regulating the heat, as shown on Page 4, you have the most efficient use of electricity.

There are two small units and one large unit to accommodate cooking of small and large quantities of food. Most cooking may be done on small units. The large unit is ideal for griddle cakes, frying and for cooking large quantities of food.

DEEP-WELL COOKER—The deep-well cooker is a 6-qt. utensil, inserted in a well, with a tight-fitting cover. The well is controlled by a 7-heat switch knob which is operated the same as the surface unit switch knobs. The cooker holds heat and maintains low temperatures.

The deep-well is equipped with an adjustable trivet; use trivet to hold food off bottom of well or as a shelf when cooking several foods at one time. The Supreme Model is equipped with a trivet and duplicate aluminum pans.

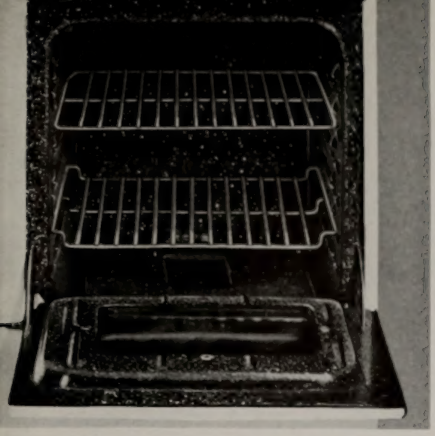
SURFACE UNIT HEATING SWITCHES—The 3 surface units and deep-well are controlled by separate 7-heat switches. Each switch has seven settings, from **Low** to keep foods warm, to **High** for fast cooking. To determine exact heat for each cooking operation refer to chart on Page 4.

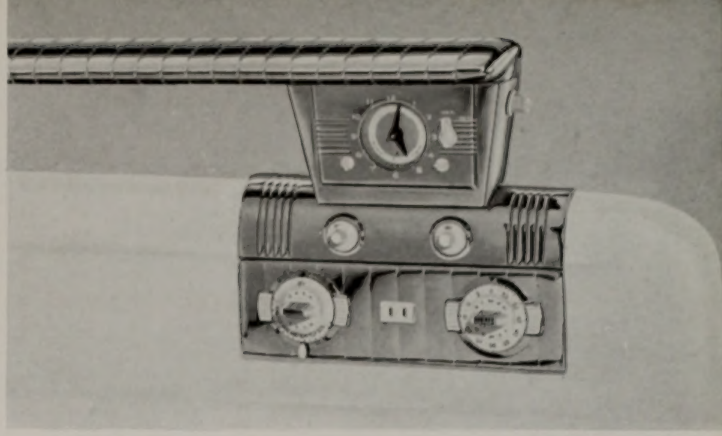
PILOT LIGHTS—The pilot light in the center of the surface unit switch panel turns on the instant any of top units go into operation. The Supreme Model Range has a pilot light above each switch knob to indicate when that unit is **On**. The pilot light is a reminder to you to turn off current when cooking is done.

CONVENIENCE OUTLET—The convenience outlet, located on backguard, provides a connection for electrical appliances, such as toaster, percolator, mixer, etc. Use it as you would an ordinary wall outlet. If your range is equipped with an automatic timer, it can be set to turn on or off any appliance plugged into outlet.

OVEN—The over-size oven is built to proportions that permit best heat circulation. Thick insulation keeps heat in oven, none escapes into kitchen. The easy-to-clean interior is one piece, porcelained, with rounded corners. A light in oven turns on automatically when door is opened.

The oven has six rack guides and is equipped with two non-tilt racks. The Deluxe and Supreme Models are equipped with a non-tilt and a 2-position rack, which make many oven arrangements possible. The embossed





rack guides have stops that prevent shelves from tilting; this allows you to shift and slide shelves without fear of accidental spillage.

OVEN UNITS—There are two heating units in oven, one at top for broiling, one at bottom for baking; both are used to preheat oven. When oven reaches temperature for which thermostat is set, units shut off automatically, turning on only when needed to maintain temperature. Therefore, much of the time when oven is in use, the electricity is not on and cooking is being done on **stored heat.** This factor makes cooking very economical and is possible because of efficient insulation and sensitive thermostat.

THERMOSTAT—The oven is controlled by an accurate thermostat. To turn oven on, set thermostat to desired temperature and oven selector switch lever to "Broil," "Bake" or "Preheat," as the case may be.

OVEN SIGNAL LIGHTS—The oven signal lights are located on either side of the thermostat; one light turns on when oven is being used for baking, the other turns on for broiling. Both signal lights turn on when oven is preheating; when oven has reached temperature for which thermostat is set, both lights turn off and signal for baking comes on again.

BROILER—The top oven heating unit is used for broiling. This unit gives off a quick, intense, charcoal-like heat over entire broiling area. Broiler is equipped with a smokeless porcelained broiler pan and a 2-position rack. To broil, set oven switch to "Broil" and turn thermostat dial to 550°.

The oven door has an automatic stop which keeps door partially open at correct position for broiling. The open door allows steam to escape from oven and prevents unit from turning off while you are broiling.

AUTOMATIC TIMER CLOCK—The Deluxe and Supreme Models are equipped with an automatic timer clock which may control the oven, deep-well cooker or electrical appliance outlet. When set, the clock will turn electric current on and off at appointed times though you are miles away.

TIME MINDER—The Deluxe and Supreme Models are equipped with a time minder which can be set to signal any period from 3 to 60 minutes . . . use it as a reminder. Just set it for time you desire and a bell will ring when that period has elapsed.

CLEAR-VIEW OVEN DOOR WINDOW—The oven door on the Supreme Range is equipped with a double glass window to afford a clear view of oven; there is no need to open door at any time during cooking. Oven light may be turned on and off by switch without opening door.

WARMING COMPARTMENT — The Supreme Model Range is equipped with a warming compartment. A small heating unit on bottom keeps food warm until ready to serve, warms dishes for serving and is invaluable for raising yeast breads. Compartment is controlled by a switch on the left, directly below time clock.

For further information on operation see the **Owner's Guide** for your range.

USE OF SEVEN HEAT SWITCHES

HIGH: Start nearly all surface cooking at this setting; bring foods to steaming point or preheat fat for deep fat frying. Use for fast frying, large pressure cookers and heating water.

2. Use to finish pan frying and sautéing operations. This heat maintains temperature for rolling boil and deep fat frying. Also use for average pressure cooker operations.

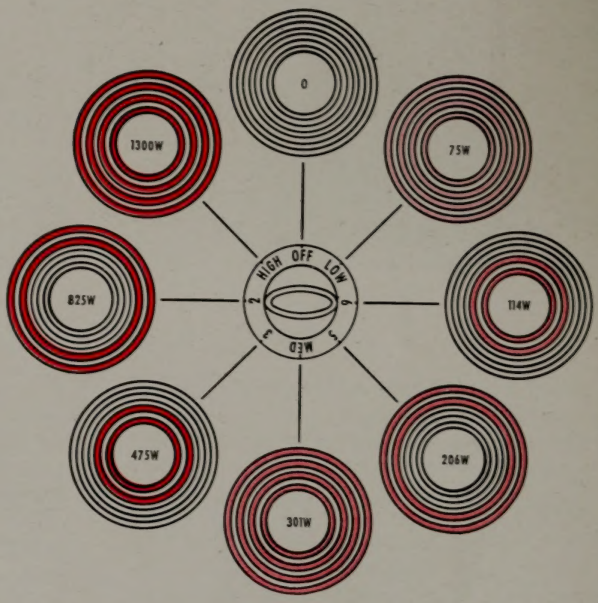
3. Use center hot spot of small unit for coffee maker, small sauce pans, bottle warming and cups for melting. Both units maintain ideal steaming temperature for cooking large and small quantities of foods.

MEDIUM: For sauces that ordinarily require double-boiler. Use to finish cooking griddle cakes. Alternate between **High** and **Medium** settings for deep fat frying.

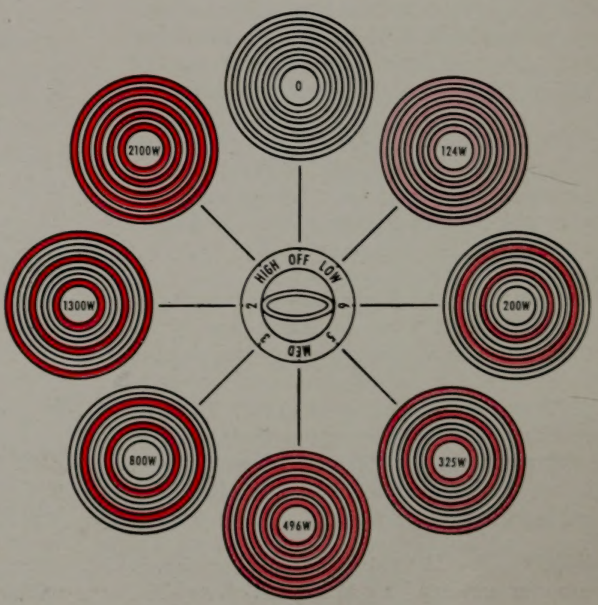
5. To complete steaming of vegetables after boiling point is reached on **High.** Use for egg and cheese dishes and for such foods as beans and potatoes which require long cooking time on low steady heat.

6. Use small unit for steam-cooking small quantities of food; large unit for stewing or braising inexpensive cuts of meat. Use this setting for the complete cooking of dried fruits and vegetables.

LOW: These settings are excellent for keeping food warm after cooking is completed or for reheating rolls. Use to complete steaming of puddings when little moisture is used.

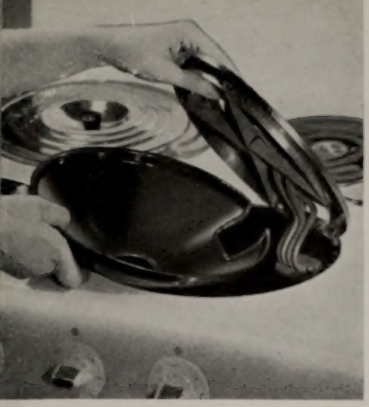


Small Top Units



Large Top Units

Each unit has two cooking areas to accommodate average or small utensils. Select switch setting that best fits size of bottom of utensil being used.



EASE OF CLEANING

Your Wards Electric Range is easy to clean and easy to keep clean. Wards new unit top is made in one piece, thereby eliminating at least four crevices found on other ranges. The range has been designed to eliminate old fashioned, dirt-catching cracks not only on the cook-top but in the oven.

PORCELAIN ENAMEL FINISH—The finish should be washed when cool with mild soap suds and then dried; do not scrape enamel. Remove spots at once after they occur.

Do not wash porcelained finish while it is hot or it will craze (form hairline cracks).

Clean chrome plated parts with mild soap suds and rinse with cool water. If chrome around units is discolored, clean with fine steel wool. Polish with dry cloth.

SURFACE UNITS—Turn all switches to **Off** and be sure units are cool before cleaning. Lift units and remove deflector, then clean pan as you would a utensil.

Food spillage will not injure heating units. Spillage may be burned to a char and brushed off with a soft wire brush or wiped with a cloth. If soap and water are used, dry afterwards. To keep units looking new, wipe with waxed or bread paper while they are warm.

DEEP WELL COOKER—The cooker utensil can be washed in a dishpan with other utensils. To clean wall of well, wipe with a cloth wrung from soapy water.

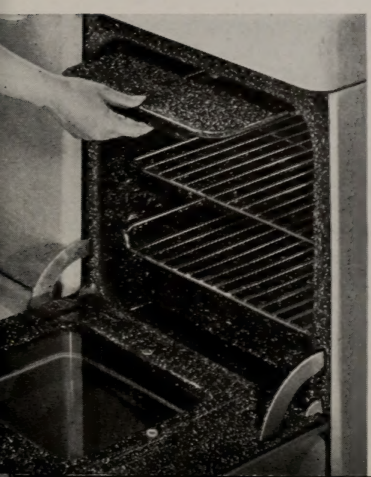
OVEN—The oven is built in one piece with rounded corners—it is easy to clean and keep clean. To keep oven looking new, clean it often and thoroughly. This will prevent spilled foods from burning into lining.

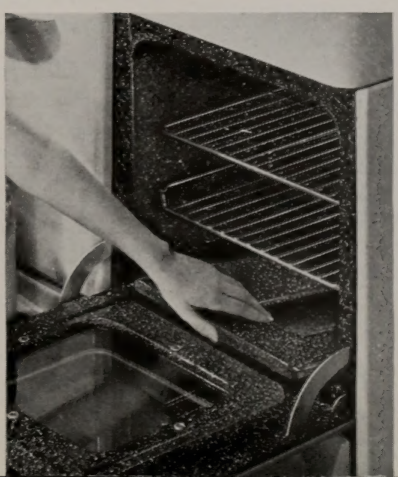
Turn switches to **Off** before cleaning; remove top and bottom elements and shelves. Wipe oven with a cloth wrung from soapy water; a mild abrasive may be used for charred spots.

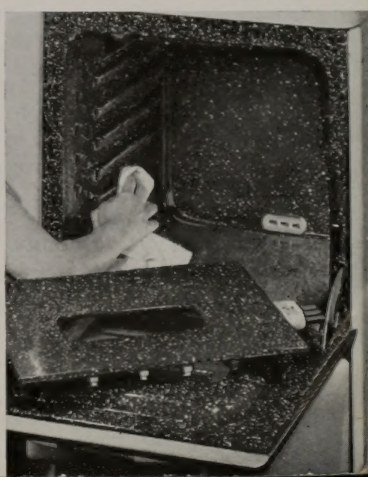
Avoid washing oven while it is hot. Water cools porcelain quicker than the metal on which it is fused resulting in crazing.

Do not put oven units in water.

See your Owner's Guide for further details.







SUGGESTIONS ABOUT UTENSILS

Special utensils are not necessary for excellent cooking results on your electric range; nor do you need many utensils. Good ones, however, will save both time and money.

SURFACE—The most efficient utensils for surface cooking are those with flat-bottoms, straight sides and tight fitting covers. The utensil should fit the heating unit so that heat will go directly into pan instead of escaping around sides and into air. A tight-fitting cover holds steam in pan, preventing escape of odors and hastening cooking time.

DEEP-WELL COOKER—The deep-well cooker is provided with a 6-quart utensil and an adjustable trivet. The Supreme Model is also equipped with duplicate aluminum pans. You will find this equipment adequate for most cooker meals.

If your range is not equipped with inset pans, use pudding pans or squat coffee cans for desserts and some vegetables.

OVEN ROASTING—Use shallow open pans for roasting. Since the oven heat is moist and controlled, covers are unnecessary; meats retain their juices and no basting is required for an evenly browned roast.

OVEN MEALS—No special utensils are needed for oven meals; however, they should be heatproof. Use uncovered pan for meat and covered pans or casseroles for vegetables. When cooking an oven meal alone, covered pans may be stacked on top of each other; you may use aluminum, oven glassware, tin or pottery at the same time.

BAKING—Metal pans should be bright and smooth to give best baking results. If pans are warped, uneven baking and browning may result. Oven glass and aluminum are equally good for baking breads and cakes. To assure even heat distribution around pans, arrange them so they do not touch each other or oven sides; when baking more than one item, alternate pans on racks.

For cookies and biscuits, a cookie sheet without sides is best. You should allow at least 1½ inches between the baking sheet and the walls of oven.

You will find the storage space in your range a convenient place to keep most of the utensils used at the range.

For further details refer to the Owner's Guide for your range.

PRESSURE COOKERS

The pressure cooker is the answer to demands for fast, economical, healthful cooking. With your Ward Electric Range, the pressure cooker offers one of the most perfect methods of preparing food. If you are not familiar with this modern method of cooking, you will find it well worth your time to investigate and determine for yourself its value to you.

PRESSURE SAUCE PANS—One of the most important advantages offered by pressure cooking, is the retention of vitamins and minerals in fresh vegetables. This is due to the fact that cooking is done free from air, eliminating oxidation. Food coloring, shape and flavor are preserved so well that even cooked vegetables retain their garden freshness, color and appearance.

The use of very little water in pressure cooking acts as another health benefit, as it aids in keeping down the loss of vitamins and minerals. The use of large quantities of water in cooking tends to "flood out" mineral salts and acids.

Only a fraction of the time is needed for pressure cooking as compared with ordinary methods. In general, the cooking period is 75% less than that required for the open kettle method.

The short cooking time required to prepare food makes the pressure cooker a great fuel saver, thereby saving fuel costs.

All pressure cookers may be used with satisfactory results on your new Ward Electric Range. However, it is important that you read and follow instructions and time charts received with the cooker.

To heat cooker, use No. 2 or **High** heat. When the pressure point is reached switch to No. 5 or 6 heat. For longer cooking foods, turn the heat switch to a low position **just before** cooking pressure is reached.

PRESSURE CANNERS—The pressure canner is a larger utensil than the sauce pan and provides a practical, fast method for canning non-acid foods, such as vegetables, meats and fowl. Spoilage due to imperfect processing of food is mostly eliminated because the canner reaches a temperature high enough to destroy dangerous bacteria.

The pressure canner may be used for large quantities of food and large roasts. Follow pressure canner instructions implicitly for best results.

GENERAL INFORMATION

Abbreviations

The following abbreviations are used in recipes throughout this book.

t.—Teaspoon
T.—Tablespoon
C.—Cup

Table of Equals

1	saltspoon	¼ teaspoon
3	teaspoons	1 tablespoon
16	tablespoons	1 cup
2	cups	1 pint
4	T. grated chocolate	1 oz.
4	T. cocoa	1 oz.
½	C. butter or shortening	¼ lb.
4	C. flour	1 lb.
1⅞	C. rice	1 lb.
4	C. shelled nuts	1 lb.

FLOUR AND CONFECTIONERS' SUGAR—should be sifted once before measuring.

BROWN SUGAR—should be packed into measuring container.

Cooking Terms

CREAM

To mix solid fat until smooth and creamy; use spoon, blender or electric mixer.

CUT

To combine solid fat with dry ingredients until fat is cut into small particles; use two knives, a fork or dough blender.

FOLD

To lightly spread batter over ingredients being added by lifting batter from bottom of bowl over ingredients in a rolling motion; use a spoon or wire whip.

KNEAD

To work air into dough by folding outside edges of dough to center and pressing with hands using stretching motion.

BRAISE

Brown meat in fat, add a small amount of liquid and steam until tender at low temperature on surface unit or in oven.

BASTE

To keep food moist as it cooks by pouring liquid over it.

BREAD

To cover food with a coating of bread or cracker crumbs; first dip in egg, cream or other liquid to make crumbs adhere.

FRICASSEE

To cook fowl or meat in liquid and serve with gravy made by thickening liquid.

PAN BROIL

To cook uncovered in hot skillet without fat, draining off excess fat from meat as it accumulates. (A sprinkle of salt on bottom of pan will prevent sticking.)

MARINATE

To flavor food by allowing it to stand submerged in liquid for a period of time.

SEAR

To brown meat at high temperature either by direct heat or in oven.

POACH

To steam food submerged in liquid.

BLANCH

To dip first in boiling and then in cold water.

PUREE

To press food through a strainer or ricer.

PUREED SOUP

To add strained food to soup stock or cream.

SCORE

To cut light lines in edges of meat, usually fat; this prevents curling while cooking.

TRUSS

To hold shape of meat or fowl while cooking by securing with skewers or string.

Surface Cookery

The cooktop or surface of your range has been planned to give you ample work space and to make cooking easy and pleasant.

At a flip of a switch, you have the exact, measured heat you need—instant fast heat for bringing foods to steaming point and for frying; controlled low heat for keeping foods at steaming temperature. And remember, take advantage of "stored heat." The heating units store up enough heat, when the current is on, to keep foods hot for many minutes after you turn switch to **Off**.

Frying

For average quantities of food, use a skillet that covers the large unit. Put fat in skillet and turn switch to **High**; melt fat but do not let it smoke. Add food and switch to a medium high heat; brown one side, turn and brown the other side. If braising is desired, turn switch to **Medium** after food has been browned on both sides, and cover skillet; this will tenderize the food.

Pan-Broiling

You will find it economical to pan-broil chops and small slices of meat. Heat skillet on **High**; brown meat on one side, turn and brown other side. It may be necessary to reduce heat to **Medium** before cooking is completed. Cooking times for pan-broiling are about the same as for oven-broiling (see chart on Page 46). Salt meat just before serving.

Use very little water and a tightly covered utensil when cooking vegetables on controlled electric heat. This helps to preserve the health-giving vitamins and minerals and to retain the natural flavor and appearance of vegetables.

Add only enough water to cover bottom of utensil being used; about ¼ cup. Cook in sauce pan with a tight cover on **High** until a steady flow of steam appears, then turn switch to lower position. For cooking time, see Surface Cookery Chart on Page 42.

Carrots and Onion Butter

Place in utensil and sauté lightly . . . . . *3 T. Butter*, *1 Onion cut in rings*

Add . . . . . *6 Sliced Carrots*, *Salt & Pepper*, *1 T. Water*, *1 T. Lemon Juice*

Cover and cook on **High** until steaming, then on low for 20 minutes. Sprinkle with parsley and serve.

Potato Balls in Cream

Cut potatoes in balls with french cutter. Put in covered sauce pan, add 1 C. thick cream and cook on No. 5 heat from 45 minutes to 1 hour. Sprinkle with parsley and serve.

The starch in potatoes should thicken sauce sufficiently, if not 1 T. flour may be added.

Harvard Beets

Combine. Stir while cooking until thick . . *1 T. Cornstarch*, *½ C. Sugar*, *½ C. Vinegar*, *¼ t. Salt*, *¼ C. Water*

Add and cook 5 minutes in covered pan . . *3 C. diced cooked Beets*, *2 T. Butter*

Sweet Sour Cabbage

Steam until tender . . . *4 C. Red Cabbage, shredded*, *½ C. Water*, *1 Apple, sliced*

Combine, add to cabbage and cook 5 minutes . . . . . *2 T. chopped Onion*, *1 T. Sugar*, *1 t. Salt*

Add . . . . . *2 T. Butter*

Serve hot. Bacon fat may be substituted for butter.

Hot Slaw

Combine in sauce pan and cook over a low heat until it begins to thicken . . . . . *2 Egg Yolks, beaten*, *2 T. Sugar*, *¼ C. Water*, *2 T. Butter*, *¼ C. Vinegar*, *1 T. Salt*

Add to hot mixture and toss until thoroughly mixed . . . *4 C. Green Cabbage, shredded*, *2 T. Onion*

If desired, add . . . . . *1 T. Celery Seed*

Green Beans and Bacon

Combine in sauce pan . . . . . *1 lb. Green Beans, cut*, *1 C. Bacon, chopped*, *3 Potatoes, diced*, *½ C. Onion, chopped*, *Salt & Pepper*, *1 C. Water*

Bring to a steam on **High**, reduce heat and cook 45 minutes.

Corn Omelet

Beat until thick and lemon colored . . . . . *6 Egg Yolks*

Add . . . . . *1 C. Corn, drained*

Combine and beat until stiff . . . . . *6 Egg Whites*, *½ t. Salt*, *¾ t. Baking Powder*

Fold egg white mixture into egg yolk mixture.

Melt in skillet . . . . . *3 T. Butter*

Pour egg mixture into skillet after butter has been melted. Cook on low heat until omelet is puffed and lightly browned. Roll omelet and continue to cook slowly until center is cooked, or skillet may be placed in slow oven for about 8 minutes to dry out top.

HINTS: Toss cooked green beans in french dressing and minced onion, heat and serve piping hot.

Glaze your sweet potatoes with maple syrup as a change from brown sugar.

SKILLET MEALS

Deviled Round Steak

Score deeply on both sides . . . . . { *2 lbs. Round Steak ½ inch thick*

Brush over meat thoroughly . . . . . { *2 T. Prepared Mustard*

Season, sprinkle with flour, brown in fat.

Combine and add to meat . . . . . { *1 C. Water*
¼ C. Chili Sauce
Juice of 1 Lemon
1 t. Worcestershire Sauce
¼ t. Paprika
1 Onion, chopped fine
Salt & Pepper

Cover and simmer 1½ hours or until tender.

Curried Veal

Cook together until browned lightly . . . . . { *3 T. Fat*
1 C. sliced Onion
½ t. minced Garlic

Add and cook until blended . . . . . { *1 t. Curry Powder*
2 T. Flour
Salt & Pepper

Add slowly and cook until thickened . . . . . { *2 C. Top Milk*

Add and simmer 10 minutes . . . . . { *2 C. diced cooked Veal*
½ C. chopped Almonds or Walnuts
¼ C. chopped Green Pepper

Serve on buttered rice or dry cereal.

Veal Fricassee

Cut in 1-in. cubes, flour, season, sauté in fat . . . . . { *2 lbs. Veal Shoulder*

Add and simmer in covered skillet 15 to 20 minutes . . . . . { *3 C. boiling Water*

Add and continue cooking 30 minutes . . { *3 Carrots, cut in large cubes*
2 Onions, sliced
4 Potatoes, cubed

Remove lid and thicken gravy. Serve as complete meal with tossed salad.

Ham and Pineapple

Thoroughly mix together and form into 1 in. thick patties and brown in fat . . . . { *1 lb. Ground Smoked Ham*
1 Egg, beaten
½ C. Cracker Crumbs
½ C. diced Green Pepper

When brown place on each pattie . . . . . { *1 slice Pineapple*
1 small raw Sweet Potato

Sprinkle on each potato . . . . . { *Brown Sugar, small amount*

Pour over all . . . . . { *½ C. Pineapple Juice*

Cover skillet and bring to a steam, then reduce heat to No. 5 and cook 30 minutes. Serve with a green vegetable.

Pork Chops and Mock Turtle Platter

Flour and brown on both sides in 2 T. fat . . { *6 Pork-Chops*

Place over chops . . . . { *6 Potatoes, sliced ½ in. thick*

Pour over all . . . . . { *2 cans Condensed Mock Turtle Soup*

Cover and bring to a steam, then reduce heat to No. 5 and steam 30 to 50 minutes.

Ham and Noodle Skillet Meal

Grind together and place in skillet . . . . . { *½ lb. raw Smoked Ham*
1 Green Pepper, diced
1 small Onion, diced
½ lb. Mild Cheese, diced

Combine with . . . . . { *2 C. Noodles*
1 C. Mushrooms
2 C. Water
1 t. Salt

Bring to a steam on high heat in covered skillet, then reduce to a low heat and cook 30 minutes.

Shrimp Luncheon Dish

Combine in skillet and bring to a steam . { *3 T. Butter*
1 Onion, sliced
1 Green Pepper, diced
¼ C. Pimiento, minced
1 C. Washed Rice, brown or white
½ C. Mushrooms
2 C. Shrimp
2 t. Salt
1 Bay Leaf
2 C. Water

Cover skillet, turn switch to **High**; when steaming, reduce to a low heat and cook 45 minutes.

White Sauce Chart

	Butter	Flour	Milk
Thin	1 T.	1 T.	1 C.
Medium	2 T.	2 T.	1 C.
Thick	3 T.	3 T.	1 C.

Using medium heat, melt butter in sauce pan; add flour and salt to taste. Stir until well blended; add milk and stir constantly until mixture thickens. Additional cooking after mixture thickens eliminates raw flour taste. If onions are to be added to sauce, sauté them in the butter before flour is added.

Hollandaise Sauce

Place in saucepan and cook until butter melts
- *2 Egg Yolks*
- *2 T. Butter*

Add; cook until thick
- *2 T. Butter*

Add; cook until mixture coats spoon
- *2 T. Butter*

Add; continue cooking one minute
- *½ C. boiling Water*
- *½ t. Salt*

Remove from heat and add
- *2 T. Lemon Juice*
- *1 t. grated Lemon Rind*

Serve hot.

Hard Sauce

Soften butter and cream together until fluffy
- *⅓ C. Butter*
- *1 C. Confectioners' Sugar*

Add 1 drop at a time
- *1 t. Vanilla or ½ t. Almond Extract*

Beat in
- *¼ C. Heavy Cream (lukewarm)*

Chill and serve on desserts. The addition of heavy cream is optional.

Spiced Apple Dumplings

For batter; sift together in a bowl
- *2½ C. Flour*
- *1 T. Sugar*
- *5 t. Baking Powder*
- *1 t. Salt*

Add and mix thoroughly
- *1 C. Milk*
- *1 Apple, sliced thin*

Syrup

Combine in skillet on **High.** When boiling, drop batter in from tablespoon and cover.
- *1 C. Brown Sugar*
- *1½ C. Water*
- *¼ t. Mace*
- *2 T. Butter*
- *2 T. Rum Flavoring*

When steaming turn switch to low and steam 25 minutes. Serve hot with syrup or cream.

Celia Pudding

Cream together
- *4 T. Butter*
- *½ C. Brown Sugar*
- *1 Egg*

Add
- *1 C. Raw Carrots, grated*
- *1 T. Orange Rind, grated*
- *1 T. Lemon Rind, grated*
- *1 T. Lemon Juice*

Sift together and add to creamed mixture
- *1¼ C. Flour*
- *½ t. Soda*
- *1 t. Baking Powder*
- *½ t. Salt*
- *½ t. Cinnamon*
- *½ t. Cloves*
- *½ C. chopped Nuts*

Pour batter into boiling syrup, cover. When steam escapes reduce heat to **Low** and steam 45 minutes. Use 2-quart sauce pan.

Syrup

Combine in sauce pan and bring to a boil
- *1 C. Granulated Sugar*
- *½ C. Raisins*
- *½ C. Nut Meats*
- *1½ C. Water*

Steamed Cherry Pudding

Temperature: 350° Time: 45 minutes

Cream together
- *½ C. Butter*
- *1 C. Sugar*

Add; beat thoroughly
- *2 Eggs*

Sift together
- *2½ C. Flour*
- *4 t. Baking Powder*
- *1 t. Salt*

Add to mixture alternately with sifted ingredients
- *1 C. Milk*

Fold into batter
- *2 C. pitted drained Cherries*

Bake uncovered in buttered casserole. Serve with Cherry Sauce.

Cherry Sauce

Combine and cook over low heat until thick
- *½ C. Sugar*
- *½ C. Water*
- *1 T. Cornstarch*
- *½ C. Cherry Juice*
- *2 T. Butter*

Serve over steamed puddings.

ICINGS AND FILLINGS

Fluffy White Icing

Combine in top of double boiler; place on unit. Beat mixture until water boils . . . . .
- *2 Egg Whites*
- *¼ C. Water*
- *1½ C. Granulated Sugar*
- *1 T. Corn Syrup*
- *⅛ t. Salt*

After water in double boiler has come to a vigorous boil remove icing from heat. Beat with a rotary beater until icing stands in peaks. Add flavoring desired.

Peppermint Icing

Combine in saucepan. Cook over low heat, beating until icing stands in peaks . . . . .
- *2 Egg Whites*
- *1½ C. Granulated Sugar*
- *2 t. Light Corn Syrup*
- *5 T. Cold Water*

Remove from heat and add . . . . .
- *¼ t. Peppermint Extract*

Raw Apple Icing

Combine in mixing bowl . . . . .
- *1 C. Sugar*
- *1 Egg White*
- *Juice of ½ Lemon*
- *1 Apple, peeled and chopped*

Beat with electric or rotary beater until icing is smooth and not grainy. To obtain smooth consistency continue beating after icing stands in peaks.

Jelly Icing

Combine in saucepan and place over low heat . . . . .
- *1 Egg White*
- *½ C. Jelly**
- *⅛ t. Salt*

Beat with rotary or electric mixer until icing stands in peaks. Pile lightly on cake or use in jelly roll.

*Flavor of jelly may determine color of icing; grape for orchid; red raspberry or currant for pink; mint for green icing.

Sweet Roll Topping

Beat until stiff . . . . .
- *1 Egg White*

Add and beat . . . . .
- *¾ C. Powdered Sugar*
- *2 T. Honey*
- *½ t. Almond Extract*

Chocolate Cream Icing

Combine, mix well and bring to a boil . . .
- *1 C. Sugar*
- *1 Egg*
- *2 squares unmelted Chocolate*
- *5 T. Cream*
- *1 T. Butter*
- *⅛ t. Salt*

Remove from heat and cool.

Add . . . . .
- *1 t. Vanilla*

Beat until thick enough to spread.

Lemon Cream Icing

Cream together . . . . .
- *¼ C. Butter*
- *1 C. sifted Confectioners' Sugar*

Beat until fluffy . . . . .
- *2 Egg Whites*

Add and beat until creamy . . . . .
- *1½ C. Confectioners' Sugar*
- *½ t. Lemon Extract*

Combine the two mixtures.

Gingerbread Filling

Combine and beat until smooth . . . . .
- *3-oz. package Cream Cheese*
- *5 T. Cream*

Fold in . . . . .
- *¼ C. chopped Nuts*
- *¼ C. chopped Dates*

Beat in gradually . . . .
- *1½ C. sifted Confectioners' Sugar*

Add . . . . .
- *½ t. Vanilla*

Use as topping and/or filling for gingerbread.

Marshmallow Frosting

Combine in saucepan, mix thoroughly . . . . .
- *2 Egg Whites, unbeaten*
- *1½ C. Sugar*
- *5 T. Water*

Cook on No. 5 heat and beat with rotary beater until mixture stands in peaks.

Remove from unit, add and beat until cool and thick enough to spread . . . . .
- *12 Marshmallows, quartered*
- *1 t. Vanilla*

EGG AND CHEESE DISHES

Eggs are best when steam-cooked. "Hard or soft boiled eggs" can be taken out of your vocabulary because with the aid of the controlled heat of your electric range you can enjoy the healthfulness and tastiness of "steam-cooked" eggs.

Friday Dishes need not be a problem if you vary your egg dishes with creamed eggs, escalloped eggs, egg Newburg or combine with a savory cream sauce. In preparing egg and cheese dishes, remember to cook them at a low temperature to make them more tender.

Cheese Dressing

Combine and cook on a medium heat until thickened, stirring constantly . . . . . { *⅓ C. Sugar*, *4 t. Cornstarch*, *¼ t. Salt*, *1 C. unsweetened Pineapple Juice*, *Juice of 1 Lemon*, *Juice of 1 Orange*

Stir in slowly . . . . . { *2 Eggs, beaten*

Cook 5 minutes and cool slightly.

Soften and beat in . . . { *2 pkgs. Cream Cheese*

Serve on fruit salad.

Egg Foo Yong

Mix together . . . . . { *2 C. Bean Sprouts, drained*, *½ C. Green Pepper, chopped*, *½ C. chopped Onion*

Beat together and add . . . . . { *6 Eggs*, *Salt & Pepper*

Fry in greased skillet as for pancakes.

Remove cakes from skillet, add and cook until smooth and thickened . . . . . { *¼ C. Drippings or Butter*, *¾ C. Water*, *2 T. Soy Sauce*, *1 T. Cornstarch*

Pour sauce over Foo Yong Cakes; serve hot.

Stuffed Eggs Au Gratin

Hard cook as directed above . . . . . { *6 Eggs*

Plunge eggs into cold water, peel, cut in halves, remove yolks and combine yolks with . . . . . { *2 t. Prepared Mustard*, *2 T. Vinegar*, *2 T. chopped Chives or Onions*, *Mayonnaise to moisten*, *Salt & Pepper*

Fill egg white halves with egg yolk mixture and serve with rarebit sauce.

EGG COOKERY: Use small amount of water in covered pan.

SOFT COOKED EGGS: Allow ¼ inch water in bottom of pan, cover untensil, cook on high heat until steaming. Turn switch to **Low** and steam eggs for 3, 4, 5 minutes, as desired.

HARD COOKED EGGS: Allow ¼ inch water in bottom of pan, cover utensil. Bring to steam on **High**, then on **Low** for 20 minutes.

Crisp bacon served with this dish makes a luncheon meal.

Fluffy Tomato Rarebit

Combine and cook on low heat until thoroughly blended . . { *1 can Condensed Tomato Soup*, *½ C. Cream*, *½ lb. Sharp Cheese*

Combine and add to cooked mixture . . . . . { *2 Egg Yolks, beaten*, *¼ t. Dry Mustard*, *1 t. Worcestershire Sauce*

Fold into hot mixture . { *2 Egg Whites, beaten*

Serve over toast, crackers or noodles.

Eggs Benedict

Place in individual ramekins or on toast rounds . . . . . { *1 slice Boiled or Smoked Ham, fried*

On top of each slice of ham place . . . . . { *2 poached Eggs*

Cover with hot Hollandaise Sauce (see recipe Page 12). Serve piping hot with a green vegetable.

Cheese Dreams Deluxe

Cook on low heat until thoroughly blended . . . . . { *2 C. grated or diced Nippy Cheese*, *1 t. Mustard*, *1 C. Cream*

Scramble together . . { *6 Eggs*, *¼ C. Chives*, *3 T. Cream*, *2 T. Butter*, *Salt & Pepper*

Place scrambled eggs on slices of toast. Top with tomato slices and cover with cheese mixture. Crisp bacon strips may be served with this sandwich.

Salmon Creole

Wash and dry on paper toweling . . . . . — *1 C. Rice*

Put rice in skillet, combine and heat until onion is cooked — *3 strips diced Bacon*; *1 chopped Onion*

Add and mix well . . . — *2 C. Tomato*; *1 Green Pepper, diced*; *¼ C. chopped Celery*; *Salt & Pepper*

Open . . . . . — *1 can Salmon*

Place salmon in center of skillet in whole piece, cover. Turn switch to **High** until steaming, then to **Low** for 45 minutes. Remove salmon to plate, surround with rice mixture. Garnish with lemon and parsley.

Tuna Fish Casserole

Temperature: 375° Time: 30 minutes

Drain, rinse and flake . — *1 can Tuna Fish*

Combine in sauce pan and cook until thick . . — *4 T. melted Butter*; *4 T. Flour*; *2½ C. Milk*; *Salt & Pepper*

Add flaked tuna fish and . . . . . — *1 C. Mushrooms*; *1 C. Potato Chips, crushed*

Pour into buttered casserole, sprinkle top with crushed potato chips and bake.

Shrimp and Mushrooms

Temperature: 450° Time: 15 minutes

Melt in sauce pan . . . — *2 T. Butter*

Add and simmer on No. 5 heat 15 minutes . . . . . — *¼ lb. Mushrooms, quartered*; *1 t. Worcestershire Sauce*; *1 T. Onion, chopped*; *1 T. Parsley, chopped*; *2 T. Green Pepper, chopped*; *2 T. Grated Cheese*; *Dash Paprika*; *Salt & Pepper*

Add . . . . . — *2 T. Flour*; *¾ C. top Milk or Cream*; *1 C. Shrimp*

Cook until thickened. Serve as cream dish or pour into buttered individual casseroles. Top with crumbled cornflakes and bake.

Curried Shrimp

Put in sauce pan and stir until blended . . . . — *4 T. Butter*; *4 T. Flour*

Add and cook on No. 5 until smooth and thick . . . . . — *2 C. Milk*

Add . . . . . — *2 T. Pimiento*; *1 C. Shrimp*; *1 t. Curry Powder*

Serve on buttered rice or fill green pepper and steam in well-cooker 45 minutes.

Lobster Newberg

Combine in sauce pan and cook on No. 3 . . . — *4 T. Butter*; *1 T. Flour*

Add and cook until thoroughly heated . . . — *1 C. Cream*; *¼ C. Sherry Wine*

Add . . . . . — *2 Egg Yolks, beaten*

(Note: After beating egg yolks, add some of cream mixture to them before putting yolks in mixture; this will prevent them from cooking too fast.)

Add meat of . . . . . — *2 lbs. Lobster, cubed*

When lobster is thoroughly heated, add . . — *Salt*; *Dash of Nutmeg*

Serve on toasted triangles or English Muffins.

Crabmeat Mornay

Temperature: 350° Time: 30 minutes

Melt in sauce pan . . . — *¼ C. Butter*

Add and stir until blended . . . . . — *4 T. Flour*; *1 t. Salt*

Add and cook until thickened . . . . . — *¾ C. Chicken Bouillon or Broth*

Add . . . . . — *¾ C. top Milk*; *2 Egg Yolks, beaten*

Cover bottom of buttered casserole with . . — *2 C. Crabmeat*

Pour sauce over crabmeat, sprinkle top with . . . . . — *½ C. Grated Cheese*

Creamed Finnan Haddie

Place in skillet and simmer 30 minutes . . — *Finnan Haddie*; *1 C. Milk*

Remove fish from skillet; bone, skin and flake. Combine with fish and reheat . . . . . — *1 C. Med. White Sauce for each cup fish*; *2 hard cooked Eggs, chopped*; *2 T. chopped Pimiento*; *Salt & Pepper*; *3 T. chopped Chives*

Serve on crisp toast or in pastry shells.

DEEP FAT FRYING

Deep fat frying is seldom the first cooking operation an inexperienced cook undertakes. However, it is not difficult if a few general rules are followed. The proper equipment is one of the most important factors. If you are going to do much deep fat frying a thermometer will prove a worthwhile investment. A wire basket to fit into your deep fat kettle is handy for lifting food out of fat; however, it is not an essential.

1. Before putting into hot fat, wipe food to prevent bubbling.
2. Be accurate in checking temperature of fat. If you do not have a thermometer, refer to chart on Page 43 for instructions for testing fat.
3. Fry small quantity of food at one time to avoid cooling fat.
4. After frying, drain food on absorbent paper.

Fritter Batter

Sift together in mixing bowl . . . . . { *1 C. Flour*, *1 t. Baking Powder*, *½ t. Salt*

Combine, beat well, add to dry ingredients { *2 Eggs*, *¼ C. Milk*

Melt, add to batter . . { *1 T. Shortening*

To above basic batter add . . . . . { *1 C. Corn, Pineapple or other ingredient desired*

Drop by spoon into fat heated to 365°. Serve with syrup or powdered sugar.

Oyster Fritters

Combine and beat until smooth . . . . . { *1 C. Flour*, *½ t. Salt*, *⅔ C. Water*

Fold in . . . . . { *3 T. melted Butter*, *1 Egg White, beaten*

Drain; season with salt, pepper and lemon juice . . . . . { *1 pt. Oysters*

Drop oysters into batter. Lift out with spoon. Drop into hot fat 380°, fry until brown; drain on absorbent paper. Serve as appetizers or as main course with tartar sauce.

French Fried Onions

Slice onions ¼ inch thick. Separate into rings. Dip in milk and dredge with flour. Fry in hot fat 375°. Drain and serve. To dredge onions, put 1 C. flour in a paper bag, drop rings in and shake.

French Fried Potatoes

Cut potatoes into ½ inch strips. Soak in ice water until chilled. Drain and pat with absorbent paper. Fry in deep fat 390°.

Fat will bubble over, from moisture, if too many potatoes are fried at one time.

Cottage Cheese and Egg Croquettes

Mix and then shape into balls or croquettes . . . . . { *1½ C. Cottage Cheese*, *4 hard cooked Eggs, diced*, *1½ C. Soft Bread Crumbs*, *¼ C Green Pepper, diced*, *¼ C. Onion, diced*, *Salt & Pepper*

Roll balls in . . . . . { *Dry Bread Crumbs*

Then roll in mixture of { *1 Egg*, *2 T. Milk*

Roll in crumbs again and let stand five minutes. Fry in hot fat 385° until brown. Serve with tomato or mushroom sauce.

Doughnuts

Cream together . . . . . { *3 T. Shortening*, *⅔ C. Sugar*

Add and beat well . . . { *2 Eggs*

Sift together and add to creamed mixture alternately with ⅔ C. Milk . . . . . { *4 C. Pastry Flour*, *4 t. Baking Powder*, *¼ t. Cinnamon*, *¼ t. Cloves*, *⅛ t. Mace*, *1 t. Salt*

Turn dough on to floured board. Pat to 1 inch thickness; cut with doughnut cutter. Fry in deep fat 370°. Drain on absorbent paper. Sprinkle with powdered sugar.

Deep-well Cooking

The deep-well has been designed to effect a real saving by cooking several foods or complete meals at one time. The aluminum utensil sets in a "well" that stores enough heat to make low cost operation possible.

The seven-heat switch knob is operated the same as the surface switch knobs. If you are cooking whole meals, do not turn the switch off until the food is ready to be removed. As long as the heat is on, a live steam will be maintained and will prevent the mingling of flavors and odors.

Start most cooking on **High** until a steady flow of steam appears and then turn switch to lower heat for balance of cooking operation. The low heats are so accurately controlled that you don't need to watch or stir the food; you can forget your dinner while it is cooking.

The controlled heat and size of the deep-well makes it ideal for cooking soups, making cocoa, keeping large quantities of beverages hot, warming foods and sterilizing bottles, nipples and other small articles.

The deep-well is equipped with a 6-quart aluminum pail, a close-fitting cover and a trivet. The trivet can be adjusted at several levels to accommodate various arrangements of food when cooking complete meals. The Supreme Model Range is also equipped with duplicate aluminum pans which are ideal for puddings and vegetables.

If your range is equipped with an automatic timer clock, you can set the timer and forget about your meal in the deep-well until you are ready to serve. For instructions on how to operate the timer clock, refer to your Owner's Guide for your range.

Meats

The deep-well cooker is ideal for not-so-tender meats, such as, pot roast, briskets, short ribs of beef, corned beef, shoulder, shoulder chops, cottage ham, fowl.

Brown meats, before cooking, in a small amount of fat melted in cooker on **High.** Meat may be browned with or without cover. After meat has been browned, place cover on cooker. Switch to lower heat when steaming and continue cooking until done; water need not be added unless desired.

If cooking corned, boiling or pickling meats, place in cooker and add water to cover meat. Put cover on cooker and cook on low heat until tender.

Fresh Fruits and Vegetables

To cook fresh fruits or vegetables, first wash and then place in well cooker with enough water to cover bottom to ¼ inch. Cook on high heat until steaming point is reached. Then turn switch to lower heat sufficient to maintain a live steam; cook until tender.

Do not add water when cooking leafy vegetables, such as spinach, turnip tops, beet tops or field greens. Turn switch to **High** until steaming and then cook for about 15 minutes on No. 5.

Dried Fruits

It is not necessary to soak dried fruit before cooking in the deep-well. Clean fruit and place in cooker with enough water to partially cover. Cover cooker and bring fruit to a boil on **High,** then switch to a lower temperature. Cook until tender, about 1 to 1½ hours. Add sugar, if desired, the last few minutes of cooking.

Desserts

Desserts steamed in the deep-well are simple to make and economical to cook.

If your range is equipped with inset pans, use one of them to cook the dessert, otherwise use a pudding pan or mold, or a squat coffee can. Grease mold or pan well and fill two-thirds full. Cover with lid or 2 thicknesses of waxed paper held in place with string.

Place mold or pan on trivet and pour one or two cups of water into well, depending on length of steaming time. Start on **High** until steam escapes, then turn switch to lower heat for remainder of steaming time. Remove cover from well before turning off heat.

Cooker Meals

One of the most wonderful features of the deep-well cooker is that it enables you to cook a complete meal at one time for as low as 1½¢. Complete meals of meats, vegetables and dessert can be conveniently cooked in the deep-well using only one heat and one utensil.

Most meats require longer cooking time than vegetables and puddings. Add vegetables and pudding about the last hour of cooking. A great deal of steam is lost by lifting the cover during the cooking period. Therefore, when you replace the cover, turn switch to **High** until the steaming point is again reached, then switch to a low heat.

Vegetables can be cooked around or on top of the meat, or in an inset pan. If inset pan is being used, do not add water to vegetables; if you desire, butter can be added. If all the foods are being cooked in pans, place pans on trivet and surround with 1—1½ C. water.

If cooking a dessert, place in mold above meat, with or without the trivet.

Cereals

The deep-well cooker is excellent for long cooking cereals. Overnight cooking is recommended by a number of food experts as long, slow cooking softens the cellulose in cereal and develops its flavor. Use the proportion of water to cereal that is shown in the directions on cereal package.

To cook overnight, put cereal and water into well at one time and turn switch to **Low** heat. It is better to use cold water for overnight cooking. To cook in shorter period of time, boil water first, then add cereal and salt and stir. Cover and finish cooking on a low heat.

Deep Fat Frying

The new quick **High** and medium high heats of the deep-well unit make deep fat frying very successful. Place deep fat fry basket in well and melt fat on **High** to correct frying temperature, see chart on Page 43. Too low a temperature will cause food to become grease soaked; too high a temperature will cause smoking of fat and a crusty product. Use a medium high temperature or a high temperature, depending on quantity of fat and foods fried.

Onion Soup

Sauté
- *3 C. thinly sliced Onions*
- *¼ C. Butter*

Stir in
- *1 T. Flour*

Add and simmer in deep-well cooker 1 hour
- *6 C. Meat Stock or Consommé*
- *1 t. Worcestershire Sauce*
- *Salt & Pepper*

To serve, pour into individual pottery bowls. Arrange toast squares over top of soup. Sprinkle with grated Parmesan Cheese and brown under broiler. Cheese squares may be toasted first and placed on top of soup if oven bowls are not available.

Mock Turtle Soup

Simmer in deep-well until meat can be pulled from bone
- *2 qts. Water*
- *1 Veal Bone with Meat*

Remove meat from bone and cut into small cubes. Add to broth
- *Diced Meat*
- *1 C. Catsup*
- *2 hard cooked Eggs finely diced*

Thicken with
- *¾ C. Flour*

Simmer 10 minutes.

When ready to serve add
- *1 Lemon and rind, chopped very fine*

Chicken Mulligatawny

Combine in cooker-well, brown lightly
- *1 Onion, sliced*
- *½ C. diced Carrots*
- *½ C. diced Celery*
- *1 chopped Green Pepper*
- *¼ C. Butter*

Blend in
- *4 T. Flour*

Add and simmer 1 hour
- *1 t. Curry Powder*
- *4 whole Cloves*
- *2 T. chopped Parsley*
- *Salt & Pepper*
- *1 C. diced Chicken (raw or cooked)*
- *1 C. Tomatoes*
- *1 qt. Meat or Poultry Stock*

Serve strained or with whole vegetables.

Vichyssoise

Combine in deep-well and sauté until tender but not brown
- *½ C. Butter*
- *3 Leeks (white part)*
- *¼ C. chopped Onion*

Add and cook until Potatoes are tender
- *3 sliced Potatoes*
- *2 stalks Celery*
- *1 qt. Chicken Stock*
- *Salt & Pepper*
- *Few grains Nutmeg*

Put mixture through fine sieve and cool.

Add
- *1 C. heavy Cream*

Chill thoroughly and serve with chopped chives sprinkled over each soup bowl.

Split Pea Soup

Pick over, wash and soak 4 hours, or over night
- *1 C. Dried Split Peas*

Combine in deep-well and simmer 4 hours. Then rub through sieve and return to cooker
- *Soaked Peas*
- *6 C. Water*
- *1 sliced Onion*
- *1 small Ham Bone or 3 slices Bacon, chopped*

Add and cook 5 minutes
- *3 T. Butter*
- *2 T. Flour*
- *Salt & Pepper*
- *1 C. top Milk*

Serve with croutons.

Corn Chowder

Fry in deep-well cooker until crisp
- *¼ C. chopped Salt Pork*

Skim out meat, add and sauté lightly
- *1 chopped Onion*

Add and simmer together 20 minutes
- *2 diced Potatoes*
- *1 can Whole Kernel Corn*
- *1 C. Boiling Water*
- *Salt & Pepper*

Combine, add to mixture and bring to a boil (do not boil)
- *3 T. Flour*
- *1 qt. Milk*

Top with chopped parsley when serving.

Cream of Mushroom Soup

Combine in deep-well cooker and simmer 15 minutes
- *¼ lb. Mushrooms, chopped fine*
- *4 T. Butter*
- *1 Onion, chopped*
- *Salt & Pepper*

Add and blend
- *3 T. Flour*

Add and bring to boiling point
- *2 C. Chicken Stock or Bouillon*

Add and re-heat
- *1 C. Cream*

HAM RING DINNER

Ham Ring

Green Beans — Mushroom Sauce

Potatoes

Ham Ring Dinner

Puncture and place in center of well: *1 can Condensed Mushroom Soup*

Pour into cooker: *½ C. Water*

Arrange around can: *6 Potatoes*; *Green Beans tied in bundles*

Place ham ring on top of vegetables. Turn switch to **High** until steaming, then turn to No. 5. Cook 45 minutes.

Ham Ring

Mix together and pack in small ring mold or pudding pan: *1½ lbs. ground Smoked Ham*; *1 C. Milk*; *1 Egg*; *1 C. Cracker Crumbs*; *2 T. Onion, minced*; *½ Green Pepper, minced*

Arroz Con Pollo (Chicken and Rice)

Sauté in deep-well cooker on **High** until golden brown: *1 small Chicken, cut up*; *¼ C. Olive Oil*

Add; cook 2 minutes: *1 Garlic Clove*

Remove garlic and add: *1 chopped Onion*; *¼ C. Green Pepper, chopped*; *1 fresh Tomato, quartered*; *½ C. Rice, washed*; *1 C. Water*

Reduce heat, simmer 1 hour or until chicken is tender and add: *1 C. fresh Peas*; *2 T. chopped Parsley*

Cook 15 minutes more and serve piping hot.

Chicken Fricassee

Clean and cut into pieces: *4-lb. roasting Chicken*

Place in deep-well and add: *Water to cover*; *Salt to taste*

Cook on **High** until steaming then reduce heat to maintain a simmer until chicken is tender. Remove chicken from broth. Mix into paste and add to liquid: *1 T. Flour for each C. liquid used*; *1 C. Cream*

Beat in bowl: *3 Egg Yolks*

Add gradually some of broth to eggs until they are sufficiently warmed to add to hot liquid. Do not boil after eggs are added. Return chicken to gravy to warm. Serve with rice or noodles.

Beef and Noodles

Place in deep-well and simmer until tender: *3 lbs. Boiling Beef*; *Water to cover*; *Salt to taste*

When meat is tender, remove from cooker and dice or shred. Add sufficient water to broth to make about 2 quarts; increase amount if broth is rich enough to permit additional water.

Add and boil until tender: *Noodles sufficient to thicken broth*

Add and heat thoroughly: *Shredded Meat*

Beef Stew

Dredge in flour and brown on **High** in deep-well cooker: *2 lbs. Cubed Beef*; *2 T. Fat*

Add and simmer 2 hours: *6 Carrots, 2-inch pieces*; *4 Potatoes, cubed*; *1 Bay Leaf*; *3 Berries Allspice*; *1 C. Onions, quartered*; *2 C. Water*; *Salt & Pepper*

Before serving, thicken with: *Flour*; *Water*

Add, cook 15 minutes and serve: *Noodles or Dumplings*

New England Boiled Dinner

Place in cooker and simmer 2 hours: *4 lbs. Corned Beef*; *Water to cover*

Pour off liquid and cover with fresh water. Bring to a boil and simmer 2 more hours or until beef starts to tenderize.

Add, turn switch to **High** until steaming; then reduce heat and cook 30 minutes: *6 Potatoes*; *6 Carrots*; *6 Turnips*; *8 Onions*

Add and cook 15 minutes longer: *1 head Cabbage, cut in wedges*

Amount of vegetables may be varied according to number of servings needed.

Note: Water need not be changed on meat unless it is exceptionally salty.

Chop Suey

Brown well in deep-well on a high heat . . .
- *1 lb. diced Veal*
- *½ lb. diced Pork*
- *2 T. Fat*

Add and simmer 30 minutes in covered cooker. Then thicken with water and cornstarch made into paste . . . . . .
- *4 C. diced Celery*
- *3 C. sliced Onion*
- *2 C. Mushrooms*
- *½ C. Soy Sauce*
- *2 C. liquid from Mushrooms and Sprouts*

Add and heat, do not overcook . . . . . .
- *1 can Bean Sprouts*

Serve with rice or Chinese noodles. Green pepper and water chestnuts may also be added.

Hot Potato Salad and Frankfurters

Place in cooker, turn switch to **High** and brown . . . . . .
- *8 slices Bacon, cut in large pieces*

Add and cook until well blended . . . . . .
- *½ C. Vinegar*
- *¼ C. Sugar*
- *1 t. Dry Mustard*
- *2 T. Flour*
- *1½ t. Salt*

Add . . . . . .
- *8 Potatoes, sliced*
- *2 Onions, sliced*

Cook on **High** until steaming, then on No. 5 for 1 hour. 20 minutes before cooking is finished add frankfurters.

Pigs in Blankets

Combine . . . . . .
- *½ lb. ground Beef*
- *1 lb. ground Pork*
- *1½ t. Salt*
- *¼ t. Pepper*

Add and mix well . . .
- *½ C. cooked Rice*
- *¼ C. chopped Onion*

Dip in hot water to make pliable . . . . . .
- *8 large Cabbage leaves*

Place roll of meat mixture on each cabbage leaf, roll up folding edges in. Tie with string, place in cooker and add . . . . .
- *1 C. Tomatoes or 2 large Tomatoes, quartered*
- *2 T. Vinegar*
- *1 chopped Onion*
- *1 T. Salt*
- *¼ C. Water*

Cover and cook on **High** until steaming, then reduce heat and simmer 1 hour.

Sauer Kraut and Spare Ribs

Cut spare ribs into pieces for serving. Place ribs, sauer kraut and 1 sliced onion in layers in cooker. Add 1 cup water, cook on **High** until steaming. Reduce heat to maintain a simmer for 1 hour. Add whole potatoes, turn switch to **High** again until steaming. Reduce heat and cook 45 minutes.

SHORT RIBS OF BEEF DINNER

Braised Short Ribs

Potatoes — Carrots

Fruit Pudding

(See recipe Page 22)

Braised Short Ribs of Beef Dinner

Dredge in seasoned flour and brown in cooker . . . . . .
- *3 lbs. Short Ribs*
- *2 T. Fat*

Cover top of browned ribs with . . . . . .
- *2 Onions, cut in rings*
- *1 Green Pepper, cut in rings*

Add . . . . . .
- *½ C. Water or Tomato Juice*
- *6 Whole Potatoes*
- *8 Carrots, or number needed*

Place trivet in cooker and set pudding pan on top. Turn switch to **High**, when steaming turn to No. 5. Cook 1½ hours.

Boston Brown Beans (Overnight Method)

Wash and pick over . .
- *1 lb. Navy Beans*

Mix together and add to beans in cooker . . . . . .
- *¼ C. Catsup*
- *3 T. Molasses*
- *3 T. Brown Sugar*
- *1 Onion, sliced*
- *½ lb. Bacon, sliced*
- *4 C. Water*
- *Salt & Pepper*

Turn switch to No. 6 and cook 12 to 14 hours.

Boston Brown Bread

Sift together in bowl . . . . . .
- *1½ C. Graham Flour*
- *¾ C. Yellow Cornmeal*
- *4 t. Baking Powder*
- *1 t. Salt*

Mix together and add to dry ingredients . . .
- *1 beaten Egg*
- *1½ C. Milk*
- *¼ C. Molasses*
- *½ C. chopped Raisins*

Fill greased molds ⅔ full, cover and steam in deep-well 3 hours. Do not forget to grease lids.

Chili Con Carne

Brown in cooker with heat turned to **High** .
- *3 T. Olive Oil*
- *1 C. Onion, chopped*
- *1½ lbs. Ground Steak*
- *Salt*

Add and bring to steam . . . . . .
- *1 t. Chili Powder*
- *2 C. Tomatoes*
- *1 can Kidney Beans*

When steaming, switch to No. 5 and simmer 1 hour. 1 C. celery may be added if desired.

Cottage Pudding

Combine, cook in sauce pan 10 minutes and cool
- *1½ C. crushed Raspberries or other Fruit*
- *½ C. Sugar*
- *4 T. Butter*
- *2 T. Flour*

When cool pour into buttered pudding pan.

Sift together
- *1½ C. Flour*
- *2 t. Baking Powder*
- *⅓ C. Sugar*
- *¼ t. Salt*

Combine in bowl
- *1 Egg*
- *⅓ C. melted Butter*
- *¾ C. Milk*

Combine wet and dry ingredients. Pour batter over fruit sauce in pudding pan and set on trivet in deep-well. Steam 1½ hours.

Molasses Pudding

Sift together in mixing bowl
- *3 C. Flour*
- *½ t. Salt*
- *3 t. Baking Powder*
- *½ t. Cloves*
- *½ t. Nutmeg*
- *1 t. Cinnamon*

Add and mix well
- *1 C. Suet, chopped fine*
- *1 C. Molasses*
- *1 C. Milk*

Fold in
- *1 C. chopped Dates*
- *½ C. Nut Meats*

Pour into buttered mold, steam in deep-well cooker 2 hours. Serve with lemon sauce.

Delicious Crumb Pudding

Combine in order given and turn into buttered mold. Steam in deep-well 1½ hours
- *¾ C. Sugar*
- *¼ C. melted Butter*
- *2 C. Toasted Bread Crumbs*
- *1½ t. Nutmeg*
- *1 T. Orange or Lemon Rind*
- *1 C. Dates*

Combine and add
- *1 C. Buttermilk*
- *1 t. Soda*

Serve with fruit sauce.

Fruit Pudding

Combine and beat until fluffy
- *½ C. Butter*
- *1 C. Molasses*
- *2 Eggs*

Add
- *2 C. Figs, chopped fine*

Sift together
- *2½ C. Flour*
- *1 t. Soda*
- *2 t. Baking Powder*
- *1 t. Cinnamon*
- *½ t. Nutmeg*

Add dry ingredients to creamed mixture alternately with
- *1 C. Sour Milk*

Pour into buttered mold, cover with wax paper. Steam 1 hour or bake in oven 1 hour at 375°.

Pear and Cherry Pudding

Cream together
- *⅓ C. Shortening*
- *¾ C. Sugar*
- *2 Eggs*

Sift together
- *1½ C. Flour*
- *3 t. Baking Powder*
- *¼ t. Salt*

Add dry ingredients to creamed mixture alternately with
- *½ C. Milk*
- *1 t. Vanilla*

Cover bottom of pudding pan with
- *Pear halves & Cherries*
- *½ C. Brown Sugar*

Pour batter into pudding pan. Steam in deep-well cooker 1 hour.

Steamed Graham Cracker Pudding

Cream together
- *4 T. Butter*
- *½ C. Sugar*

Add and beat well
- *1 Egg*

Mix together
- *3 C. finely rolled Graham Crackers*
- *2 t. Baking Powder*
- *1 t. Salt*

Add cracker mixture to creamed mixture alternately with
- *1 t. Vanilla*
- *¾ C. Milk*

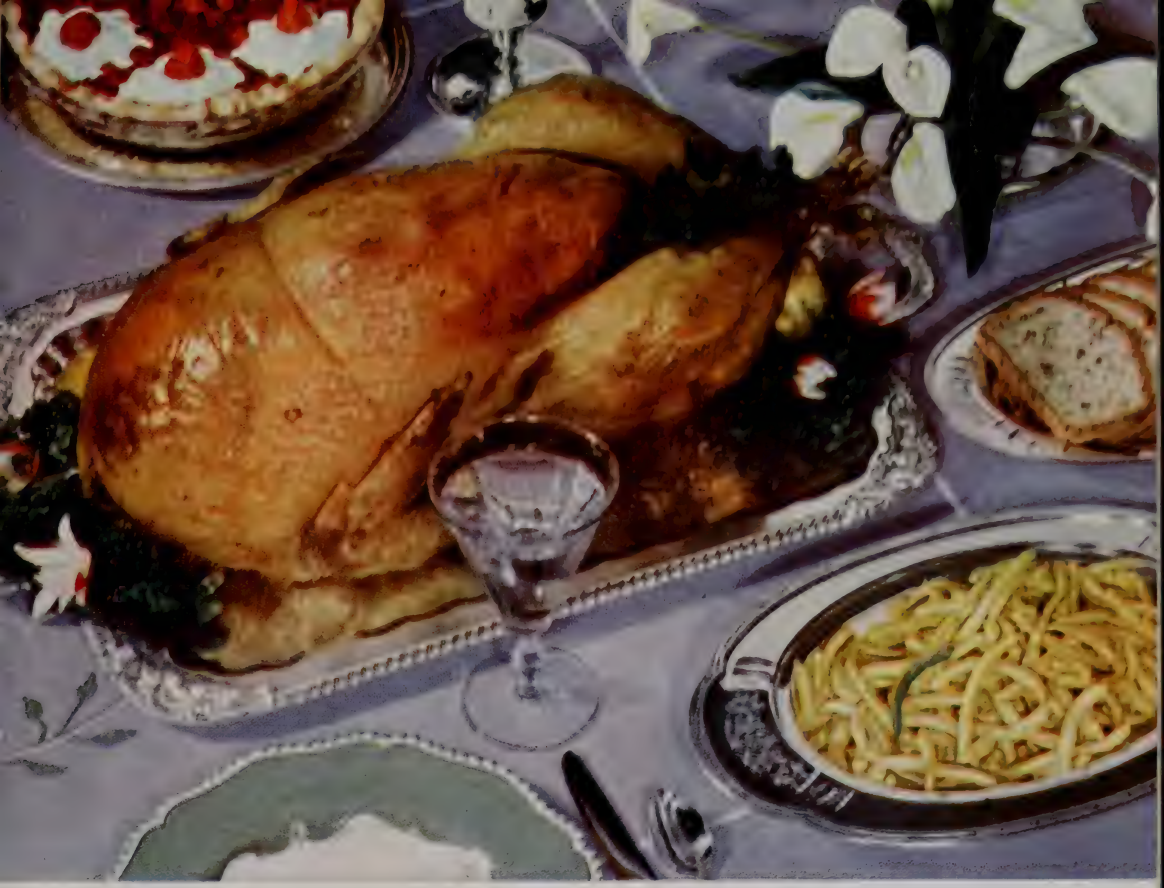
Pour into buttered mold, cover with waxed paper and steam in deep-well cooker 1½ hrs. Serve with lemon or custard sauce.

Chocolate for a Party

Pour into deep-well and bring to a boil, but do not boil
- *3 qts. Milk*

Mix to a paste and add to milk
- *¾ C. Sugar*
- *¾ C. Cocoa*
- *1½ C. Cream*

Serve topped with whipped cream or marshmallows. 1 T. cinnamon will add zip.



Oven Cookery

No worry, no fuss, no heat in the kitchen with Wards fast, extra large, one-piece oven. Set the thermostat, put your food in the oven and forget about it for the length of time indicated on the baking or roasting chart. And better yet, if your range is equipped with a timer clock, forget about the food until you are ready to serve.

Be sure oven door is tightly closed when you are baking. The oven will operate better without your help; don't disturb it by oven peeking or readjusting temperature. The only way heat can escape from oven is when the door is open. An opened door will cause uneven heat distribution, waste time and waste current, and may cause food to brown unevenly; don't peek, not even a little bit.

The even, moist heat of the oven makes it possible for you to prepare delicious foods with confidence and ease. You can use the oven as often in summer as you would in winter because the thick fiber glass insulation on all sides seals the heat in oven.

PREHEAT OVEN for a hot oven start. Arrange racks first; then turn oven selector switch to "PH" (preheat) and thermostat to desired temperature. Place food in oven when it has reached set temperature. This will be indicated when both signal lights turn off; the signal lights are located on both sides of thermostat dial. During preheating, both upper and lower oven units are on; the lower unit is used for baking. Use a preheated oven for most baking.

COLD OVEN START is used when intense heat from top unit is not necessary. For cold oven start, turn selector switch to "Bake" and thermostat to desired heat.

Baking

Baking is fun when you are sure of perfect results. You can depend on the controlled heat of your electric oven to give you the same results today, tomorrow and next year.

If you are baking more than one cake or pie arrange the shelves so that no pan is directly above another, and so that there is plenty of room on all sides for hot air to circulate freely. Allow at least one inch of space between pans and oven side walls.

Use a good recipe and follow it closely for perfect results when making cakes, pies or breads. An electric mixer is ideal for mixing cakes, but remember that the mixer beats many times faster than you can. To avoid over-beating batter, use mixer on low speed when adding flour and stop mixer as soon as flour is mixed in batter.

Remember these simple rules when baking:

1. Adjust oven shelves before heating.
2. Use bright, smooth pans.
3. Use exact temperatures.
4. Do not open oven door to see how baking is progressing until sufficient baking time has elapsed.

Roasting

The moist, controlled heat of Wards electric oven eliminates the need of awkward, large covered roasters. The controlled moisture will roast meats to a delicious flavor without adding water.

Roasting times and temperatures are about the same, whether oven is cold or preheated. The constant temperature of oven makes searing unnecessary and prevents shrinkage.

For tender, moist and glistening brown roasts use shallow pans. Place meat in pan with fat side up to allow melting fat to baste meat. It is not necessary to baste or cover roasts.

The automatic timer can be used to advantage in cooking oven dinners and roasts as it releases your time for other activities. When using the automatic timer, meat that has been removed from the refrigerator and placed immediately in a cold oven, can safely stand 5 to 6 hours before cooking starts.

For time and temperatures needed for roasts, see chart on Page 45. Recipes on Page 39.

Oven Meals

Oven meals do not require special recipes. It's simple to plan a meal; begin with the main dish and then choose vegetables and a dessert that cook well at same temperature and if possible for same length of time or less. If you have an automatic timer clock, you can place meal in oven and come back when dinner is ready to serve.

Prepare meat, fish and poultry as you would if cooking them alone. Place vegetables around meat or steam in pans with tight covers. If steaming, add a little water to cover bottom of pan.

The cooking time for vegetables in oven is about three times longer than on surface. Therefore, cut them into strips or thin slices if meal is to cook about an hour; halve or quarter vegetables to cook 1½ hours; leave them whole for longer cooking.

Place meat and vegetables on lower rack, dessert and bread on upper rack. **Do not place rack too close to top of oven.** Oven meals cook equally well in cold or preheated oven; allow 15 minutes more for cold start.

CAKES

It is important to remember these simple rules when making a butter cake:

Ingredients should be room temperature. Cream shortening before adding sugar.

Add sugar to shortening gradually, creaming until light and fluffy.

If electric mixer is used, make only three additions of flour and two of liquid; add flour first and last; **do not over-beat.**

There are recent developments in cake making that make it possible to combine all ingredients and beat lightly. This eliminates the creaming process. You will find directions for this new method of cake making on your favorite flour box.

Common Causes for Cake Failures

Why Does a Butter Cake Fall or Settle?

Too much shortening, liquid or sugar.
Not enough flour.
Baking at too low a temperature.

Why Does a Cake Crack Open on Top?

Too much flour.
Too much heat.

Why is a Cake Dry or Coarse?

Too much baking powder or leavening.
Insufficient creaming of butter and sugar.
Too low a temperature.

Why Does an Angel Food Cake Fail to Rise to Its Full Capacity?

Eggs are not fresh.
Too high a temperature.
Not enough air beaten into egg whites.

Why is an Angel Food Cake Coarse?

Insufficient sugar.
Oven set at too low a temperature.
Insufficient blending of eggs.

Quick Angel Food Cake

Temperature: 375° Time: 35 minutes

Combine and beat until foamy — *¼ t. Salt*, *1 C. Egg Whites*

Add and continue beating until stiff — *1 t. Cream of Tartar*, *½ t. Almond Extract*, *1 t. Vanilla*

Fold in 2 T. at a time — *¾ C. Sugar*

Sift together and fold in — *1 C. Flour*, *¾ C. Sugar*

Pour into ungreased, tube pan. When baked, invert pan until cake is cool, then remove.

Whipped Cream Cake

Temperature: 375° Time: 25-30 minutes

Whip until thick — *1½ C. Whip. Cream*

Add one at a time and beat after each addition — *3 Egg Yolks*

Add and continue beating — *1½ C. Sugar*, *1½ t. Vanilla*

Sift together and add — *2¼ C. Flour*, *2½ t. Baking Powder*, *¼ t. Salt*

Beat well; fold in — *3 Egg Whites*

Bake in greased, lightly floured 8-inch pans.

Red Devils Food Cake

Temperature: 350° Time: 45 minutes

Cream together — *¼ C. Shortening*, *1 C. Sugar*, *2 Eggs*

Sift together — *1½ C. Cake Flour*, *1 t. Soda*, *½ t. Salt*

Add alternately with flour mixture to creamed mixture — *½ C. Sour Milk*, *1 t. Vanilla*

Combine, melt, cool and add — *½ C. Boiling Water*, *2 oz. Chocolate*

Bake in 8-inch square cake pan.

Basic Butter Cake

Temperature: 375° Time: 30 minutes

- Cream together until fluffy: *1¼ C. Sugar*, *¾ C. Butter*, *1 t. Vanilla*
- Add one at a time, continue to beat until light and creamy: *3 Eggs*
- Sift flour, measure and sift together: *3 t. Baking Powder*, *3 C. Flour*, *¼ t. Salt*
- Add to creamed mixture alternately with dry ingredients: *1 C. Milk*

Bake in two 9-inch layer pans or in two deep 8-inch pans.

Pound Cake

Temperature: 300° Time: 1¼ hours

- Cream together until light and fluffy: *½ lb. Butter (1 C.)*, *½ lb. Sugar (1 C.)*
- Add: *1 t. Vanilla*, *1 T. Grated Orange Rind*, *¼ t. Mace*
- Add one at a time, beat thoroughly: *4 large Eggs or 5 small Eggs*
- Sift together; add alternately with ¼ cup of water: *½ lb. Cake Flour (2¼ C.)*, *½ t. Salt*, *1 t. Baking Powder*
- Beat until light but not dry and fold in: *4 Egg Whites*

Pour into well greased (1¼-lb.) loaf pan. Cake may be baked in tube pan if preferred.

Banana Spice Cup-cakes

Temperature: 375° Time: 25 minutes

- Cream together: *½ C. Shortening*, *1¼ C. Sugar*
- Add: *1 t. Vanilla*
- Sift together: *2½ C. Cake Flour*, *2½ t. Baking Powder*, *½ t. Soda*, *1 t. Salt*, *⅛ t. Cloves*, *1¼ t. Cinnamon*, *½ t. Nutmeg*
- Add, beat well: *2 Eggs*
- Combine and add to creamed mixture alternately with floured mixture: *1¼ C. Mashed Bananas*, *½ C. Milk*

Bake in cup-cake or muffin tins.

Pineapple Cake

Temperature: 325° Time: 1 hour

- Beat until eggs stand in peaks: *6 Egg Whites*, *¼ t. Salt*
- Beat until yolks are thick and lemon color: *6 Egg Yolks*, *¾ C. Sugar*
- Add to egg yolks and beat until smooth: *½ C. Pineapple Juice*, *1 T. Lemon Juice*
- Sift together and add to egg yolks: *1½ C. Cake Flour*, *1 t. Baking Powder*
- Fold in: *Beaten Egg Whites*

Bake in ungreased tube pan. Invert to cool.

Tomato Soup Cake (No Eggs)

Temperature: 350° Time: 45 minutes

- Sift together: *2 C. All Purpose Flour*, *2 t. Baking Powder*, *1 t. Soda*, *¼ t. Salt*, *1 t. Cinnamon*, *1 t. Nutmeg*, *½ t. Cloves*
- Cream together: *½ C. Shortening*, *1 C. Sugar*
- Add alternately to creamed mixture: *1 10-oz. can condensed Tomato Soup*, *Flour Mixture*
- Fold in: *½ C. chopped Nuts*, *1 C. Raisins*

Bake in 9-inch square pan. This cake is delicious topped with Raw Apple Icing, Page 13.

Orange Cake

Temperature: 375° Time: 30 minutes

- Cream together: *¾ C. Shortening*, *1½ C. Sugar*
- Add one at time and beat: *3 Egg Yolks*
- Sift together: *3 C. Cake Flour*, *1½ t. Soda*, *¼ t. Salt*
- Add alternately to creamed mixture: *1½ C. Sour Milk*, *Flour Mixture*
- Grind together and add to batter: *1 Whole Orange*, *1½ C. Dates*
- Fold in: *3 Egg Whites, beaten*

Bake in two 9-inch layer pans.

- If cake is not to be iced, while it is warm, combine and pour over each layer: *1 C. Orange Juice*, *½ C. Sugar*

HINT: Dip your scissors in water to prevent sticking to marshmallows, dates or figs.

BREADS

When making bread, it is important that the dough is sufficiently kneaded to distribute yeast cells and strengthen strands of gluten formed by combination of flour and liquid.

The most desirable temperature for raising yeast dough is 80° to 85°; at this temperature yeast cells begin to multiply. A temperature over 90° speeds up natural growth of yeast and texture may not be very fine. Growth of yeast cells stop at less than 80°.

30-Minute Bread

Temperature: 400° Baking Time: 1 hour

Combine and bring to boil	*2 C. Milk* *½ T. Salt* *½ C. Shortening*
Add	*2 C. Cold Water*
Combine and add to liquid mixture	*4 Yeast Cakes* *¼ C. Sugar* *¼ C. Warm Water*
Add and beat well	*5 C. Bread Flour*
Add, continue beating	*3 C. Bread Flour*
Turn on to kneading board and knead into dough	*5 C. Bread Flour*

Knead until dough is smooth. Shape into loaves and allow to rise until double in bulk. Bake in preheated oven.

Corn Bread

Temperature: 450° Time: 30-35 minutes

Combine in mixing bowl	*4 Eggs* *1⅓ C. Milk* *½ C. melted Butter*
Sift together and add to above mixture	*3 C. Corn Meal* *½ C. Flour* *2 T. Baking Powder* *2 T. Sugar* *1½ t. Salt*

Pour into greased loaf pan and bake. Top may be sprinkled with chopped bacon.

Peanut Butter Bread

Temperature: 400° Time: 1 hour

Sift together in bowl	*2 C. Flour* *4 t. Baking Powder* *1 t. Salt* *⅓ C. Sugar*
Cut in with blender or knife	*½ C. Peanut Butter*
Add and mix lightly	*1½ C. Milk*

Bake in greased bread tin.

Banana Nut Bread

Temperature: 400° Time: 1 hour

Cream together	*½ C. Butter* *1 C. Sugar*
Add and beat well	*2 Eggs*
Add	*2 large crushed Bananas*
Sift together and add	*2 C. Bread Flour* *1 t. Soda* *1 T. Salt*
Add	*1 t. Vanilla* *¼ C. chopped Nuts*

Bake in loaf pan.

Scotch Shortbread

Temperature: 275° Time: 35-45 minutes

Sift together in bowl	*2½ C. Flour* *½ C. Confectioners' Sugar* *¼ t. Salt*
Work into dry ingredients with pastry blender or finger tips	*1 C. Butter*

Roll dough to ½ inch thickness, cut in strips or with cookie cutter. Prick with fork, bake on cookie sheet. Baking time depends on thickness. Decorate with nuts or candied fruit.

Fruit Bread

Temperature: 325° Time: 1 hour

Sift together in bowl	*2 C. Flour* *3 t. Baking Powder* *1½ t. Salt* *½ C. Sugar*
Combine and add to dry ingredients	*1 Egg, beaten* *½ C. Milk* *1 T. grated Orange Rind* *½ C. Orange Juice* *¼ C. Melted Shortening*
Fold in	*½ C. chopped Dates* *½ C. chopped Nuts* *½ C. Maraschino Cherries*

Bake in bread pan. This bread is especially good for cream cheese sandwiches.

Raised Refrigerator Rolls

Temperature: 425° Time: 15-20 minutes

Combine and allow to cool
- *2 C. Boiling Water*
- *½ C. Sugar*
- *1 T. Salt*
- *3 T. Shortening*

Combine and stir into first mixture
- *2 Yeast Cakes*
- *¼ C. Lukewarm Water*

Add, beat thoroughly
- *2 Eggs*
- *4 C. Bread Flour*

Add, continue beating
- *3 C. Bread Flour*

Place dough in well-greased bowl. Brush top of dough with butter or lard. Cover and store in refrigerator. When ready to use, shape into desired rolls and allow to rise double in bulk in warm place. Bake.

Clover Leaf Rolls

Roll into three small balls for each roll; place in muffin tin.

Parker House Rolls

Roll out ¼ inch thick, cut in circles, brush with butter and fold over in envelope fashion.

Flaky Butter Rolls

Roll into a long roll. Slice ⅛ inch thick, brush with butter and stand vertically in muffin tin; about six slices to a muffin.

Orange Flower Rolls

Temperature: 450° Time: 12-15 minutes

Sift together
- *2 C. All-Purpose Flour*
- *4 t. Baking Powder*
- *1 t. Salt*

Cut in
- *4 T. Shortening*

Add and mix lightly
- *2 T. grated Orange Rind*
- *1 C. Milk*

Roll out ⅛ inch thick, cut dough in 1-inch strips. Roll up as for jelly roll; an 8-inch strip makes a medium size roll. Place in greased muffin pans, brush rolls with orange juice and sprinkle with sugar. Bake.

Baking Powder Biscuits

Temperature: 475° Time: 10-15 minutes

Sift into bowl
- *2 C. Bread Flour*
- *4 t. Baking Powder*
- *1 t. Salt*

Cut in
- *4 T. Shortening*

Add and mix lightly
- *1 C. Milk*

Pat or roll out on lightly floured board. Cut ½ inch thick with cutter, or knife. Bake on ungreased baking sheet.

60 Minute Dinner Rolls

Temperature: 425° Time: 20-25 minutes

Combine and heat until lukewarm
- *1¼ C. Milk*
- *3 T. Sugar*
- *¾ t. Salt*
- *2 T. Butter*

Combine and add to liquid
- *2 Yeast Cakes*
- *¼ C. Warm Water*

Add
- *4 to 5 C. Bread Flour*

Place in greased bowl, cover, set in oven that has been heated for 1 minute. Let rise 15 minutes. Turn on to floured board and knead. Shape into rolls and allow to rise 15 minutes. Bake from a cold oven start, with oven switch turned to baking.

Cinnamon Rolls

Temperature: 425° Time: 25-30 minutes

Roll refrigerator dough ¼ inch thick.

Combine; Sprinkle over buttered dough
- *1 t. Cinnamon*
- *3 T. Sugar*
- *½ C. Nuts*

Roll as for jelly roll. Cut in ½-inch pieces. Place in muffin tins, cut side down. Let rise until double in bulk. Bake.

Cornmeal Rolls

Temperature: 450° Time: 12-15 minutes

Sift into bowl
- *¾ C. Cornmeal*
- *4 t. Baking Powder*
- *¼ t. Soda*
- *1½ C. Flour*
- *1 t. Salt*

Cut in
- *4 T. Shortening*

Combine and add
- *¾ C. Buttermilk*
- *1 beaten Egg*

Roll ½ inch thick. Cut with large cookie cutter, brush with butter, fold over as for Parker House rolls. Bake on greased sheet.

Sweet Roll Dough

Temperature: 425° Time: 20-30 minutes

Combine and allow to dissolve
- *¼ C. Sugar*
- *2 Yeast Cakes*

Add and beat thoroughly
- *2 Eggs*
- *2 C. Lukewarm Milk*

Add
- *2 t. Salt*
- *3 C. Flour*

Add and beat well
- *4 T. melted Shortening*

Add, continue beating
- *3 C. Flour*

Knead on floured board until elastic. Place in greased bowl. Grease top of dough, cover, let rise to double in bulk. Break down and let rise again to double in bulk. Form into desired shape, let rise and bake.

Cinnamon Buns

Temperature: 425° Time: 25 minutes

- Sift together: 3 C. Flour; 2 T. Sugar; 1 t. Salt; 6 t. Baking Powder
- Cut in with knives: 4 T. Shortening
- Combine and add to flour mixture: 1 Egg, beaten; ¾ C. Water
- Roll out ¼ inch thick, dot with butter, sprinkle with: ½ C. Brown Sugar; Cinnamon; ½ C. Raisins; ½ C. Nuts
- Roll as for jelly roll and cut in 2-inch pieces. Combine in skillet or deep loaf pan: ½ C. Brown Sugar; 2 T. Butter; ¼ C. Water

Place rolls cut side up in pan and bake. Remove from pan or skillet immediately, turning upside down on platter with caramel side up.

Hot Cross Buns

Temperature: 375° Time: 15-20 minutes

- Combine and allow to cool: 1 C. Scalded Milk; ¼ C. Sugar; 2 T. Butter; ½ t. Salt
- Combine and add to milk mixture: 1 Yeast Cake; ¼ C. Warm Water
- Add: 1 beaten Egg; ¼ C. Currants
- Sift together and add: 3 C. Flour; 1 t. Cinnamon

Place in greased bowl and let rise double in bulk. Place on lightly floured board, pat out 1 inch thick, cut with cookie or biscuit cutter. Place on greased baking sheet. Make cross on top of each bun with blunt edge of knife and allow to rise double in bulk. When removed from oven make cross with sweet roll topping.

Muffins (Basic Recipe)

Temperature: 425° Time: 15-20 minutes

- Cream together: 4 T. Butter; ¼ C. Sugar
- Add and beat well: 1 Egg
- Sift together: 2 C. Flour; 4 t. Baking Powder; ½ t. Salt
- Add dry ingredients to creamed mixture alternately with: 1 C. Milk

Stir as little as possible. Bake in greased muffin tins.

Sour Cream Muffins

Temperature: 425° Time: 12-15 minutes

- Sift together: 2 C. Cake Flour; 2 t. Baking Powder; ½ t. Salt; 2 T. Sugar; ½ t. Soda
- Combine and stir into dry ingredients: 1 C. Sour Cream; 1 Egg, beaten; 1 t. Vanilla

Bake in greased muffin tins.

Oatmeal Muffins

Temperature: 425° Time: 15 minutes

- Combine and beat well: 1½ C. scalded Milk; 1 C. cooked Oatmeal
- Beat well and add: 2 Eggs
- Stir in: 2 T. melted Butter
- Sift together and stir into liquid mixture: 1⅔ C. Flour; 2 t. Baking Powder; ½ t. Salt; 1 T. Sugar

Bake in greased muffin tins.

Peanut Prune Muffins

Temperature: 400° Time: 20 minutes

- Cream together: 2 T. Shortening; ¼ C. Sugar
- Add, beat until light: 1 Egg
- Sift together: 1 C. Flour; ¼ t. Soda; ½ t. Salt
- Stir into flour mixture: 1 C. Bran; ½ C. chopped Peanuts
- Add flour mixture to creamed mixture alternately with: 1 C. Buttermilk; ½ C. Prune Juice

Bake in greased muffin tins.

Oatmeal Date Loaf

Temperature: 350° Time: 1 hour

- Combine and allow to cool: 1½ C. scalded Milk; 1 C. Quick Oatmeal; 1 C. chopped Dates
- Add: 1 beaten Egg
- Sift together and combine with milk mixture: 2 C. All-Purpose Flour; ¾ C. White Sugar; 4 t. Baking Powder; 1½ t. Salt

Bake in bread loaf pan.

Sour Cream Lemon Cookies

Temperature: 375° Time: 15 minutes

- Cream together: *2 T. Butter*, *¾ C. Sugar*, *1 Egg*
- Add: *½ C. Sour Cream*, *1 t. Lemon Extract*, *1 T. Orange or Lemon Rind*
- Sift together and add to creamed mixture: *1⅛ C. Bread Flour*, *½ t. Soda*, *½ t. Salt*

Drop by tablespoon onto greased cookie sheet. This is a soft cookie recipe.

Henreyeses

Temperature: 400° Time: 10 minutes

- Cream together: *½ lb. Butter*, *½ C. Sugar*
- Beat and add: *2 Egg Yolks*, *1 t. Vanilla*
- Sift together and add: *2 C. Cake Flour*, *1 t. Baking Powder*
- Add: *1 C. finely chopped Pecans*

Roll into balls the size of walnuts. Roll in egg whites and bake on cookie sheet.

Scotch Oatmeal Cookies

Temperature: 350° Time: 15 minutes

- Cream together until light and fluffy: *1 C. Lard*, *1 C. Brown Sugar*
- Add: *½ C. Sour Milk*
- Sift together and add: *½ C. Pastry Flour*, *1 t. Soda*, *1 t. Salt*
- Add: *2 C. Dry Oatmeal*, *1 t. Vanilla*

Roll into rectangular shape and cut in 2-inch squares. Bake on greased cookie sheet.

Oatmeal Drops

Temperature: 400° Time: 10 minutes

- Cream until light and fluffy: *1 C. Shortening*, *2 C. Sugar*, *2 t. Vanilla*
- Add one at a time and beat thoroughly: *2 Eggs*
- Add: *1 C. chopped Raisins*, *½ C. Nuts*
- Sift and add to mixture: *2½ C. Flour*, *1 t. Salt*, *1 t. Soda*
- Add, mix thoroughly: *2 C. Fine Oatmeal*

Drop in small mounds on ungreased cookie sheet and bake.

Orange Nut Cookies

Temperature: 375° Time: 10-12 minutes

- Cream together until light and fluffy: *½ C. Brown Sugar*, *½ C. Granulated Sugar*, *1 C. Shortening*
- Add and beat well: *1 Egg*, *2 T. Orange Juice*, *2 T. Grated Orange Rind*
- Sift together and add: *2 C. All-Purpose Flour*, *¼ t. Salt*, *¼ t. Soda*, *½ C. chopped Nuts*

Shape into a roll, wrap in waxed paper and chill in refrigerator. Slice, place on cookie sheet and bake.

Brownies

Temperature: 350° Time: 35-45 minutes

- Sift together: *¾ C. Flour*, *½ t. Baking Powder*, *¼ t. Salt*
- Combine and beat thoroughly: *1 C. Sugar*, *2 Eggs*
- Combine, melt and add to sugar mixture: *⅓ C. Shortening*, *2 squares Unsweetened Chocolate*
- Add: *½ C. chopped Nuts*, *1 t. Vanilla*, *Flour mixture*

Bake in greased, lightly floured 8-inch square pan. When baked, cut in squares and remove from pan.

Banana Oatmeal Cookies

Temperature: 400° Time: 15 minutes

- Cream together until fluffy: *¾ C. Shortening*, *1 C. Sugar*
- Add and beat well: *1 Egg*
- Add: *1 C. mashed Bananas*, *1¾ C. Rolled Oats*
- Sift together and add to creamed mixture: *1½ C. Flour*, *½ t. Soda*, *1 t. Salt*, *¼ t. Nutmeg*, *¾ t. Cinnamon*
- Fold in: *½ C. chopped Nuts*

Drop by teaspoon onto ungreased cookie sheet and bake.

PIES

Pie pastry should be handled with extreme care but it should not be feared as it is by so many beginners. If a few simple rules are followed, tender and flaky pastry should result.

After flour is combined with moisture, mixing or handling toughens the gluten in the flour and is seen in strands through the dough. Consequently, the **less handling,** the fewer tough strands.

SHORTENING is added to coat these tough strands and form layers of flaky crust. Shortening should be "cut" into the flour so as to make pieces about the size of a pea.

LIQUID should be well distributed over the flour as it is added. As little mixing as possible should be done to form pastry into a ball ready to roll out.

If you are making cold water pastry, have the water and shortening ice cold.

LARD OR LARD SUBSTITUTES are the best shortening agents, however, the addition of part butter adds to the flavor.

Hints

The use of a rolling pin sock and pastry cloth will minimize the use of flour on the rolling board. Excess flour used in rolling will toughen the pastry.

Pastries may be rolled out, put in pie utensil and stored in refrigerator, as shown in the above illustration. Top crust may be rolled out and stored on a rolling pin ready to use.

Plain Pastry

Temperature: 450°

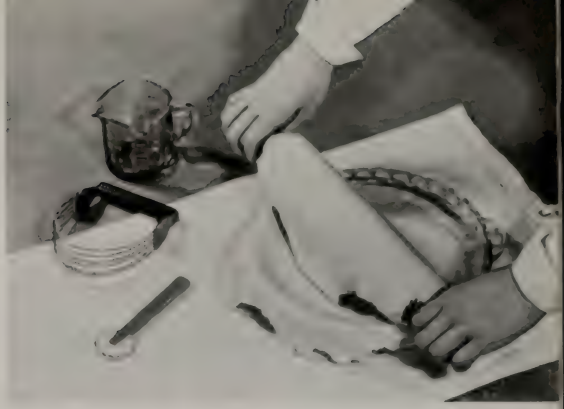
Time: 15 minutes for unfilled pie shell

Sift, measure and sift again . . . . . { *3 C. Flour*, *1 t. Salt*

Cut in to make a coarse meal . . . . . { *1 C. Shortening*

Add and mix lightly enough water to hold pastry together; about ½ to ¾ C. Water. Makes 2 nine-inch shells or 1 double crust nine-inch pie.

NOTE: Baking time for pie shell varies with amount of liquid added, thickness of crust and type of utensil used.



Graham Cracker Crust

Temperature: 350° Time: 5 minutes

Mix together thoroughly . . . . . { *1½ C. Graham Cracker Crumbs*, *½ C. Powdered Sugar*, *½ C. Butter*

Pat into pie plate and bake.

NOTE: This crust may be used unbaked if thoroughly chilled before using.

Apple Pie

Temperature: 400° Time: 60 minutes

Peel, core and slice . . { *4 C. Apples*

Combine and mix thoroughly through apples . . . . . { *1 C. Brown Sugar*, *4 T. Flour*, *¼ t. Mace*, *¼ t. Cinnamon*, *1 T. Butter*

Pour into unbaked pie shell, dot with butter. Arrange top crust or pastry strips and bake.

Cherry Pie

Temperature: 400° Time: 45 minutes

Fill unbaked pie shell with cherries.

Combine and cook until thick and pour over cherries . . . . . { *1 C. Cherry Juice*, *1 C. Sugar*, *3 T. Cornstarch*

Arrange top crust or pastry strips. Bake.

Rhubarb Pie

Temperature: 400° Time: 1 hour

Line a 9-inch pie plate with pastry.

Add to pie . . . . . { *4 C. diced Rhubarb*

Combine and pour over rhubarb . . . . . { *1⅓ C. Sugar*, *1½ t. Salt*, *4 t. quick Tapioca*, *4 T. Flour*

Sprinkle with . . . . . { *3 T. grated Orange Rind*

Dot with . . . . . { *1 T. Butter*

Arrange top crust or pastry strips and bake.

Meringue for Pie

Temperature: 350° Time: 20 minutes

Use three egg whites to cover 9-inch pie.

Beat until stiff..... { *Egg Whites*

Fold in gradually.... { *2 T. Sugar per egg*

Pile lightly on pie and brown in oven.

NOTE: When meringue is browned quickly under broiler, only the top browns and meringue is not thoroughly cooked.

Lemon Pie

Combine and cook until thick..... { *5 T. Cornstarch*, *3 T. Flour*, *1¼ C. Sugar*, *2 C. Boiling Water*, *½ t. Salt*

Beat, add and cook 3 minutes..... { *4 Egg Yolks*

Add..... { *⅓ C. Lemon Juice*, *Grated Rind of two Lemons*

Partially cool and pour into baked pie shell. Top with meringue made from egg whites.

Custard Pie

Temperature: 325° Time: 30 minutes
(Time depends on thickness of pie)

Beat together..... { *3 Eggs*, *¼ C. Sugar*, *¼ t. Salt*, *⅛ t. Nutmeg or Mace*

Add..... { *2½ C. scalded Milk*

Pour into unbaked 9-inch pie shell. Bake. Add cocoanut for cocoanut custard pie.

Chocolate Cream Pie

Combine in sauce pan { *3 Egg Yolks*, *1 C. Sugar*, *6 T. Flour*, *2 squares Unsweetened Chocolate*

Add and mix well.... { *2 C. Milk*

Cook over medium heat until thickened and blended, stir while cooking.

Cool and add..... { *1 t. Vanilla*

Pour into baked pie shell and top with meringue or whipped cream.

Sour Cream Pie

Temperature: 400° Time: 45 minutes

Combine and beat well..... { *2 Eggs*, *¾ C. Sugar*, *1 t. Cloves*, *1 t. Cinnamon*

Add..... { *1 C. Sour Cream*, *2 T. Vinegar*, *1 C. Raisins*

Pour into unbaked pie shell and bake.

Sunny Silver Pie

Combine in sauce pan and cook until thick and then cool..... { *Juice of 1 Lemon*, *Grated Rind of ½ Lemon*, *4 Egg Yolks*, *½ C. Sugar*, *Dash of Salt*

Dissolve and add... { *½ T. Gelatin*

Beat until stiff and combine..... { *4 Egg Whites*, *½ C. Sugar*

Fold cooked mixture into egg whites and pour into baked pastry shell or cracker shell. Chill and top with whipped cream. Garnish top with grated lemon rind.

Cocoanut Cream Pie

Combine, mix well.. { *5 T. Flour*, *½ C. Sugar*, *⅛ t. Salt*, *¼ C. Milk*

Pour mixture, stirring constantly, into..... { *1½ C. scalded Milk*

Cook on No. 5 until thick. Add, cook 3 minutes..... { *3 Egg Yolks*

Add..... { *1 t. Vanilla*, *1 C. Cocoanut*

Cool and pour into baked pie shell. Top with meringue or whipped cream.

Butterscotch Pie

Combine and bring to a boil..... { *1½ C. Brown Sugar*, *1½ C. Water*

Combine and add to syrup..... { *4 T. Flour*, *4 T. Cornstarch*, *½ t. Salt*

Cook on low heat until thick.

Add slowly and stir constantly..... { *3 Egg Yolks, beaten*, *4 T. Butter*

Cook 2 minutes, then remove from heat.

Add..... { *1 t. Vanilla*

Partially cool and pour into baked pie shell. Top with meringue or whipped cream.

Pumpkin Pie

Temperature: 350° Time: 1 hour

Beat together thoroughly..... { *2 C. cooked Pumpkin*, *2 Egg Yolks, beaten*, *½ C. Brown Sugar*, *½ t. Salt*, *¼ t. Mace*, *¼ t. Cinnamon*

Add..... { *¾ C. hot Milk*

Beat stiffly and fold in..... { *2 Egg Whites*

Pour into unbaked pie shell and bake.

UPSIDE DOWN HAM LOAF DINNER

Upside Down Ham Loaf Au Gratin Potatoes
Banana Nut Bread
(*See recipe, Page 27*)
Carrots in Onion Butter
(*See recipe, Page 10*)
Bread Pudding

Temperature: 375° Time: 1½ hours

Upside Down Ham Loaf

Combine and pour in bottom of bread pan:
- *¾ C. Brown Sugar*
- *1 t. Dry Mustard*
- *¼ C. Vinegar*

Arrange on bottom of pan:
- *6 slices Pineapple*
- *6 Maraschino Cherries*

Mix together and pack in bread crumbs:
- *1½ lbs. ground Smoked Ham*
- *½ lb. ground fresh Pork*
- *2 Eggs*
- *1 C. Milk*
- *1 C. Cracker Crumbs*

Bake with oven meal.

Au Gratin Potatoes

Melt and brown lightly in sauce pan:
- *4 T. Butter*
- *4 T. Flour*

Add:
- *¼ C. chopped Onion*
- *1 C. Grated Cheese*
- *1 C. Milk*
- *1 C. Cream*

Arrange cooked diced potatoes in casserole and pour creamed mixture over. Sprinkle with paprika and bake with oven meal.

Bread Pudding

Break into large pieces and place in well buttered casserole:
- *4 slices Bread*

Combine and pour over bread:
- *1 C. Milk*
- *1 C. Cream*
- *4 Eggs, beaten*
- *1 C. Sugar*
- *¼ t. Salt*
- *1 t. Cinnamon*
- *¼ C. Sugar*

Dot generously with butter, sprinkle with cocoanut and bake.

ROAST CANADIAN BACON DINNER

Roast Canadian Bacon
(*See recipe, Page 39*)
Baked Sweet Potatoes Escalloped Cabbage
Cornflake Apple Pudding

Temperature: 375° Time: 1½ hours

Scrub sweet potatoes, lay in shallow pan and bake with oven meal.

Escalloped Cabbage

Arrange in alternate layers in greased casserole:
- *4 C. shredded Cabbage*
- *1 C. Milk*
- *1 C. Grated Cheese*

Top with:
- *¼ C. Bread Crumbs*

Bake with oven meal.

Cornflake Apple Pudding

Arrange in alternate layers in greased casserole and bake uncovered:
- *2 lbs. chopped Apples*
- *3 C. Cornflakes*
- *½ C. Nuts*
- *½ C. Sugar*
- *1 t. Cinnamon*
- *3 T. Butter*

STUFFED PORK CHOP DINNER

Stuffed Pork Chops
Oven French Fries Acorn Squash
Spiced Apple Sauce

Temperature: 350° Time: 1½ hours

Stuffed Pork Chops

Select chops cut 2 to 3 inches thick. Ask butcher to cut deep pockets in them or put two 1-inch chops together.

Stuff chops with your favorite dressing (see Page 40). Roll chops in flour and brown well on each side. Place in covered casserole and top with sliced green pepper. Cover with drippings in which chops were browned.

Oven French Fries

Cut potatoes in thick strips as for French fries. Roll in melted butter, lay in shallow pan and bake. Salt just before serving.

Acorn Squash

Cut squash in halves. Put 1 T. of chopped bacon in center of each. Arrange in shallow dish or pan and bake. Before serving, pour off bacon fat and season with salt and pepper.

Spiced Apple Sauce

Combine in covered casserole and steam in oven with meal:
- *4 C. chopped cooking Apples*
- *½ C. Sugar*
- *½ C. Water*
- *2 T. grated Lemon Rind*
- *½ t. Cinnamon*
- *¼ t. Mace*
- *¼ C. Red Cinnamon Candies*

SWISS STEAK DINNER

Swiss Steak

Buttered Potatoes Lima Beans en Casserole

Rice Pudding

Temperature: 375° Time: 1½ hours

Swiss Steak

Dredge in flour or pound flour into . . . . { *2 lbs. Round Steak, at least 1 inch thick*

Brown in skillet with . { *3 T. Fat*

Cover with . . . . . { *1 C. Onions, cut in rings*

Season with . . . . . { *Salt & Pepper*

Add . . . . . { *½ C. Water or 1 C. Tomatoes*

Place in oven in covered skillet or casserole. Bake with oven meal.

Buttered Potatoes

Cut potatoes in 1-inch cubes. Place in buttered casserole; add salt and pepper and dot with butter. Add ¼ C. Water and bake in covered casserole.

Lima Beans en Casserole

Place in greased casserole in alternate layers . . . . . { *2 C. cooked or frozen Lima Beans*; *1 C. chopped Bacon*; *1 Onion cut in rings*; *¼ C. Green Pepper, chopped*

Add . . . . . { *1 C. Milk*

Top with buttered bread crumbs and bake.

Rice Pudding

Wash thoroughly . . . . { *1 C. Rice*

Combine and add to rice in a buttered casserole . . . . . { *½ t. Salt*; *1 Egg, beaten*; *½ C. Sugar*; *2½ C. Milk*; *2 t. Vanilla or Lemon Extract*; *1 t. Nutmeg*; *½ C. Raisins*

Dot with . . . . . { *2 T. Butter*

Bake in covered casserole 1½ hours. If convenient, it is well to stir once during baking operation but not necessary.

BARBECUED CHICKEN DINNER

Barbecued Chicken

Barbecue Sauce Steamed Potatoes

Scalloped Corn Date Pudding

Barbecued Chicken

Disjoint into 8 pieces { *3-lb. Chicken*

Melt in pan . . . . . { *2 T. Butter*

Place chicken in pan and add . . . . . { *1 Onion, sliced*

Bake in preheated oven 400° for 15 minutes or until chicken is a golden color. Then reduce heat to 350° for 1½ hours and place remainder of meal in oven. Baste chicken frequently with barbecue sauce.

Barbecue Sauce

Combine in sauce pan and cook 20 minutes. { *1 Onion, minced*; *2 T. Butter*; *2 T. Vinegar*; *2 T. Brown Sugar*; *2 T. Lemon Juice*; *1 sm. bottle Ketchup*; *2 T. Worcestershire Sauce*; *½ t. Mustard (dry)*; *¾ C. Water*; *1 clove Garlic, minced*; *¼ t. Tabasco Sauce*; *1 t. Salt*; *⅛ t. Cayenne Pepper*

This sauce may also be used to pour over spare ribs, roast beef or roast pork.

Steamed Potatoes

Place in covered casserole or utensil; steam in oven . . . . . { *6 Potatoes, halved*; *½ C. Water*; *Salt to taste*

Potatoes cooked in this method may be mashed, creamed or parsley buttered when removed from oven.

Scalloped Corn

Beat together . . . . . { *2 Eggs*; *1 C. Milk*; *¼ C. chopped Green Pepper*; *Salt & Pepper*

Add . . . . . { *3 C. Corn (fresh, canned or frozen)*

Pour into buttered casserole and top with { *½ C. Bread Crumbs*; *4 T. Butter*

Bake uncovered.

Date Pudding

Cream together . . . . . { *4 T. Butter*; *6 T. Brown Sugar*

Add . . . . . { *2 C. Hot Water*; *½ C. Minute Tapioca*; *1 t. Salt*; *¾ C. chopped Dates*; *½ C. chopped Nuts*; *1 t. Vanilla*

Pour into buttered casserole and bake. Serve with foamy sauce or whipped cream.

LAMB LOAF DINNER

Lamb Loaf

Spinach Soufflé — Minted Carrots

Date and Nut Pudding

Temperature: 375° — Time: 1 hour

Lamb Loaf

Combine and pack into ring mold:
- *2 lbs. ground Lamb*
- *1 C. Bread Crumbs*
- *1 chopped Onion*
- *¼ C. chopped Green Pepper*
- *1 Egg*
- *1 C. Milk*
- *⅛ t. Poultry Seasoning*
- *Salt & Pepper*

Bake with oven meal, unmold and fill center with parsley and buttered potatoes.

Spinach Soufflé

Combine as for white sauce:
- *3 T. Butter*
- *3 T. Flour*
- *¼ t. Salt*
- *1 t. Onion Juice*
- *1 C. Milk*

Put through sieve and add to sauce:
- *1 C. Cooked Spinach*

Add:
- *3 Egg Yolks, beaten*
- *½ C. grated Cheese*

Fold in:
- *3 Egg Whites, beaten*

Pour into buttered baking dish and bake with oven meal. If soufflé is baked alone, place in pan of water.

Minted Carrots

Place in covered pan or casserole:
- *8 Carrots*

Sprinkle over carrots:
- *¼ C. Brown Sugar*

Dot with:
- *3 T. Butter*

Top with sprigs of mint or:
- *¼ t. Mint Extract*

Pour over:
- *¼ C. Water*

Cover and steam with oven meal.

Date and Nut Pudding

Combine in mixing bowl:
- *1 C. Sugar*
- *1 t. Baking Powder*
- *¼ C. Cracker Crumbs*
- *3 Egg Yolks*
- *1 C. chopped Dates*
- *½ C. Nut Meats*

Beat stiff, fold in:
- *3 Egg Whites*

Pour into buttered loaf tin and bake. Serve with whipped cream.

SALMON LOAF DINNER

Salmon Loaf

Corn Pudding — Baked Potatoes

Apple Pan Dowdy

Temperature: 350° — Time: 1½ hours

Salmon Loaf

Remove skin and bones from:
- *1 can Salmon*

Flake salmon into a bowl and combine with:
- *¼ C. minced Onion*
- *1 C. Cracker Crumbs*
- *¾ C. Milk*
- *2 Eggs, beaten*
- *Salt & Pepper*

Pack mixture into a loaf pan, dot top with butter and bake. Serve with lemon slices.

Corn Pudding

Combine and pour into buttered casserole:
- *3 C. fresh or canned Corn*
- *3 Eggs, beaten*
- *1 C. Milk*
- *1½ t. Salt*
- *⅛ t. Pepper*
- *2 T. Butter*

Lay strips of pimiento and green pepper over top of casserole and bake.

Baked Potatoes

Select medium sized Idaho potatoes. Scrub clean and wipe dry. Place in shallow pan such as a pie tin or lay on oven rack. Bake.

Prick with a fork or break open immediately after removing from oven to prevent them from becoming soggy from steam.

Apple Pan Dowdy

Line 8-inch square pan with:
- *Plain Pie Pastry (see Page 31)*

Cover bottom with:
- *5 Apples, sliced*

Combine and sprinkle over apples:
- *¼ t. Allspice*
- *1 t. Cinnamon*
- *½ C. Sugar*
- *¼ t. Nutmeg*
- *¼ t. Salt*

Combine and pour over apples:
- *½ C. Molasses*
- *¼ C. Water*

Dot with:
- *3 T. Butter*

Cover with top crust and bake. If baked alone use 400° for 1 hour.

Broiling

Broiling is fast, flameless, healthy. Meats broiled in Wards Electric Broiler have a rich, deep brown surface, while the inside is tender and juicy, similar to charcoal broiled but without smoke and dirt.

Select meats for broiling that are tender, with comparatively little connective tissue and with some fat throughout. Trim fat at edges and score (cut at close intervals) to prevent meat from curling and scorching.

Many fruits and vegetables are delicious broiled whether alone or with meat. You can place them around meat on rack or in pan beneath rack. If you like, brush vegetables and fruits with butter and sprinkle fruits with sugar; if broiling meat, drippings from meat will season.

How to Broil

Turn oven selector switch to broil and thermostat to 550°; preheat about 5 minutes. While broiling, leave oven door partially open to allow steam to escape; a stop on door holds it in correct position.

To obtain steaks that are rare inside and very brown outside, place meat quite close to unit. For chicken, fish and such meats as liver, or for those who like their meat well done, place food at a distance of 3 to 5 inches below unit and allow more time for broiling. The cooking time depends on thickness of the meat and degree of cooking desired. Refer to chart on Page 46 for time. Generally, it is best to salt meat after broiling; salting before broiling tends to draw the juices out of meat.

Lamb Whirls

Mix together
- *1½ lbs. ground Lamb Shoulder*
- *1 C. Cornflakes*
- *3 T. Water*
- *¼ t. Marjoram*
- *1 T. Worcestershire Sauce*
- *Salt & Pepper*

Lay on wax paper, just as it comes from market
- *½ lb. sliced Bacon*

Spread and pat ground meat mixture over bacon, roll into firm roll. Wrap tightly in wax paper and chill. Place toothpicks through the roll at 1-inch intervals to hold bacon in place. Slice 1 inch thick, place on broiler rack and broil 3 inches from unit. Broil each side 10 minutes.

Southern Ham Sandwich

Split and toast under broiling unit
- *6 pieces Corn Bread (3 inches square)*

Place between toast slices
- *6 slices Ham*

Top with
- *Mushroom Sauce*

Mushroom Sauce:

Combine and bring to a boil
- *1 C. Condensed Cream of Mushroom Soup*
- *½ C. Milk*

Stuffed Frankfurters

Split and toast
- *Vienna Rolls*

Split
- *Skinless Viennas*

Stuff with
- *Grated Nippy Cheese*

Roll Viennas in
- *Bacon strips*

Broil until bacon is crisp. Serve on Vienna rolls.

Liver and Bacon en Brochette

Cut liver into thick cubes 1½ inches. Cut bacon in ½-inch cubes. Place on wooden sticks or skewers alternately, using three pieces of liver and two of bacon. Broil on all sides until browned. Serve with broiled mushrooms and tomatoes. Creamed potatoes are also a good accompaniment.

Broiled Grapefruit

Cut grapefruit in halves, sprinkle lightly with brown sugar. To each grapefruit add 2 T. grenadine. Place under broiler and broil slowly until lightly browned. Serve as an appetizer or dessert.

Tomato and Salmon Toast

Place slice of American cheese on bread. On top of cheese, pile flaked salmon. Cover salmon with thick slice of tomato and top with 2 slices bacon.

Broil until bacon is crisp.

Broiled Salad Rolls

Cut crusts from slices of fresh bread, spread each slice with your favorite sandwich filling. Roll up and secure with a cocktail pick. Place under broiler and toast lightly on all sides. Serve with luncheon salad.

Filling suggestions:

Peanut butter and chopped crisp bacon.

Creamed cheese and chives.

Nippy cheese and chopped peanuts.

Creamed cheese and anchovy paste.

Deviled ham, chicken or tuna salad.

Creamed cheese, olive and nut.

Broiled Sirloin Steak

Place steak on cold broiler pan. Top of steak should be one, two or three inches from broiler unit depending on thickness and amount of cooking desired. To broil a thin steak rare, it must be placed very close to unit so that it will brown before it cooks through. A thicker steak should be lower to cook through before it is too brown.

Broil steak on one side according to broiling chart on Page 46. Turn steak and broil until done. If desired, one minute before removing spread with cheese mixture.

Cheese Mixture:

Mix together with a fork until consistency to spread
- *½ C. Roquefort Cheese*
- *¼ C. Butter*
- *1 T. Worcestershire Sauce*

Broiled Pineapple Rolls

Spread Pineapple sticks with soft nippy cheese.

Wrap each stick with boiled or baked ham sliced very thin. Secure with a pick.

Place on broiler pan, one inch from unit and broil until lightly browned.

Instead of spreading sticks with cheese, they may be served with a welch rarebit sauce.

Roast Ribs of Beef

Place ribs in shallow pan fat side up, season with salt and pepper and roast uncovered without water. See Roasting Chart, Page 45, for time and temperature.

Beef Loaf

Temperature: 350° Time: 45 minutes

Combine and pour into bottom of ring mold
- *½ C. Ketchup*
- *¼ C. Water*
- *¼ C. Brown Sugar*

Combine and pack in mold
- *1½ lb. ground Beef*
- *½ lb. ground Pork*
- *½ C. chopped Onion*
- *¼ C. Horseradish*
- *2 Eggs, beaten*
- *Salt & Pepper*
- *½ C. Bread Crumbs*

Unmold immediately after removing from oven.

Baked Lamb Patties

Temperature: 400° Time: 36 minutes

Combine and form into 6 patties
- *1 lb. Lamb, ground*
- *½ C. Green Pepper, minced*
- *1 C. cooked Rice*
- *1 t. Salt*

Wrap each pattie with slice of bacon and secure with a pick.

Brown lightly in skillet and add
- *1 can Cream of Mushroom Soup*

Cover skillet, place in oven and bake.

Pork Chops and Rice

Temperature: 350° Time: 1 hour

Brown in frying pan on both sides
- *6 Pork Chops*

Combine and put in casserole
- *2 C. cooked Rice*
- *1 C. chopped Celery*
- *2½ C. Tomatoes*
- *½ C. chopped Green Pepper*
- *½ C. chopped Onion*
- *Salt & Pepper*

Arrange chops on top of rice mixture. Bake.

Stuffed Pork Chops

Temperature: 375° Time: 1 hour

Use very thick pork chops with pocket cut in center. Stuff pocket with dressing.

Dressing:

Melt in frying pan
- *¼ C. Butter*

Add and brown
- *2 C. Bread Crumbs*
- *Salt & Pepper*

Remove to bowl and add
- *¼ C. chopped Onion*
- *1 t. Poultry Seasoning*
- *¼ C. chopped Celery*

Moisten with milk to consistency desired. Stuff chops, roll in flour and brown on each side. Place in baking dish.

Add and bake
- *½ C. Tomato Juice*

Roast Canadian Bacon

Temperature: 375° Time: 1½ hours
Temperature: 350° Time: 2 hours

Place in shallow pan
- *2½ lb. piece of Canadian Bacon*

Mix together and rub over meat
- *¼ C. Brown Sugar*
- *1 T. Flour*
- *1 T. Prepared Mustard*

Add water to make very thick paste, stick meat with cloves and roast.

Swedish Ham Balls

Temperature: 350° Time: 45 minutes

Combine, mix thoroughly and shape into small balls
- *½ lb. smoked ground Ham*
- *½ lb. fresh ground Pork*
- *1 Egg, beaten*

Place meat balls in casserole to which has been added
- *3 T. melted Fat*

Combine and pour over meat
- *½ C. Milk*
- *½ C. Brown Sugar*
- *3 T. Vinegar*
- *½ t. dry Mustard*

Place in oven and bake covered.

Veal and Nut Roll

Temperature: 400° Time: 1 hour

Select large, thin slice of round veal.

Spread veal with
- *¼ C. chopped Parsley*
- *½ C. chopped Walnuts*
- *¼ C. Celery, chop fine*

Roll up tight and tie or secure with picks. Roll in flour and brown in skillet. Then add over meat
- *1 sliced Carrot*
- *1 stalk chopped Celery*
- *2 Bay Leaves*
- *¼ C. Hot Water*
- *½ t. Salt*

Cover skillet and bake in oven.

STUFFINGS

Sausage Poultry Stuffing

Place in skillet and fry until crisp.....
- *1 lb. Pork Sausage*

Add and cook 3 minutes.....
- *1 C. Mushrooms*
- *1 Onion, diced*

Cut into small pieces and pour sausage mixture over.....
- *8 C. Soft Bread*
- *½ C. Celery*
- *¼ C. chopped Parsley*
- *¾ C. Walnut Meats*

Beat well and add...
- *2 Eggs*

Add.....
- *Salt to taste*

Even without addition of liquid this is not a dry dressing.

Wild Rice Dressing

Sauté in skillet until lightly browned.....
- *¼ C. Onion, diced*
- *4 slices Bacon, diced*

Combine bacon and onion with.....
- *4 C. Wild Rice, cooked*
- *½ C. chopped Celery*
- *2 T. Bacon Fat or Butter*
- *Salt & Pepper*

Stuff fowl or wild duck loosely. Giblets may be added if desired.

Chestnut Dressing

Cook in salted boiling water until soft, then put through ricer or chop fine.....
- *2 C. Chestnuts*

Combine chestnuts with.....
- *3 C. dry Bread Crumbs*
- *1 C. chopped Celery*
- *¼ C. chopped Onion*
- *¼ C. Raisins*
- *½ C. melted Butter*
- *½ C. Milk*
- *Salt & Pepper*

Sufficient for a 4-pound chicken.

Sweet Potato and Sausage Dressing

Sauté in skillet until lightly browned.....
- *1 lb. Bulk Sausage*
- *¼ C. chopped Onion*

Mix together in bowl.
- *4 C. mashed Sweet Potatoes*
- *½ C. chopped Celery*
- *2 C. dry Bread Crumbs*
- *Salt & Pepper*

Add and mix.....
- *Sausage Mixture and Sausage Drippings*

Sufficient for an 8 to 10-pound turkey.

Apple Dressing

Combine in bowl and toss lightly.....
- *4 C. soft Bread Cubes*
- *1 C. diced Apples*
- *½ C. chopped Prunes or Apricots*
- *¾ C. chopped Nuts*
- *¾ C. melted Butter or Giblet Stock*
- *¼ C. chopped Parsley*
- *Salt*

Cornbread Dressing

Sauté lightly.....
- *½ C. chopped Bacon*
- *½ C. chopped Onion*

Combine bacon and drippings with.....
- *3 C. Cornbread*
- *1 C. soft Bread Crumbs*
- *1 C. Mushrooms*
- *1 t. Sage*
- *Salt & Pepper*

If wet dressing is desired add ½ C. milk.

Potato Dressing

Mix in order given...
- *3 C. mashed Potatoes*
- *1½ C. Cracker Crumbs*
- *½ C. melted Butter*
- *1 Egg, beaten*
- *¼ C. chopped Onion*
- *Salt & Pepper*
- *1 t. Poultry Seasoning*
- *½ C. Browned Sausage or ½ C. chopped Pecans*

Oyster Dressing

Combine in mixing bowl and mix thoroughly.....
- *8 C. soft Bread Cubes*
- *1 C. Celery, diced*
- *½ C. chopped Onion*
- *¼ C. chopped Parsley*
- *1 T. Poultry Seasoning*
- *1 pint Oysters (drained)*
- *2 Eggs, beaten*
- *Salt & Pepper*
- *½ C. melted Butter*
- *1 C. Milk (omit for dry dressing)*

Fish Dressing

Toss together lightly in mixing bowl. Use to stuff white fish....
- *1 C. Cracker Crumbs*
- *1 C. toasted Bread Cubes*
- *½ C. melted Butter*
- *¼ C. Hot Water*
- *¼ C. chopped Onion*
- *2 T. chopped Sweet Pickle*
- *2 T. chopped Parsley*
- *Salt & Pepper*

FROZEN FOODS

Cooking in grandmother's day was never like this. Fresh, spring-tasting strawberries and golden corn on the cob on your table with a blizzard outside. Fruits and vegetables that taste as if they had just been picked in the garden though you live in the heart of a metropolis.

Frozen foods eliminate waste of food and time, they come ready to cook or serve; you don't have to shell peas or beans, you don't have to hull berries nor do you have to clean gritty spinach. If you had an Aladdin's lamp you couldn't wish for anything better.

Then too, there is the important question of vitamins. Frozen foods often have more vitamins than those fresh foods bought in the grocery. Why? That's easy, because whether you prepare them yourself or buy them already prepared, they were put in the quick freeze when they were ripe and fresh, often just a few hours after being picked.

Your new Wards Electric Range is ideal for cooking frozen foods, it has been designed for modern cooking needs. The controlled heat permits you to cook frozen foods, unthawed, without water; but remember to always cook the foods in a tightly covered utensil.

For the most part cooking frozen foods is no different than cooking fresh foods; there are just a few simple rules to follow and the results will be perfect.

VEGETABLES—It is not necessary to thaw frozen vegetables before cooking, with the exception of corn on the cob. If this isn't thawed first, the kernels will be overcooked before the corn is even warm.

If vegetables are thawed first, allow one-half the length of time for cooking as that required for fresh vegetables. Use approximately the same amount of water, ¼ cup to cover the bottom of utensil. Start cooking on **High.** When steaming point is reached, switch to lower setting. If vegetables are not thawed, no water need be added. Be sure utensil is tightly covered.

FISH—There are no special rules for cooking frozen fish. It is equally good whether cooked frozen or thawed first. As in the case of all frozen foods, do not overcook.

POULTRY—All poultry, except fowl for fricassee, should be thawed before using. Fowls for roasting must be thawed enough to remove the giblets and to put in the stuffing. Broiling and frying chickens must be thawed enough to separate the pieces.

MEATS—Meats should be at least two-thirds thawed for uniform cooking; this saves both thawing and cooking time. Use same temperature and allow same time as for fresh meats, unless started to cook in frozen state. In this case, allow more time and follow instructions on carton.

BREADS AND PASTRIES—With these additions to your frozen food supply, you do not have to worry about extra company or finding time to mix a cake. Pies, cakes, cookies and muffins come ready to put in the oven. Cake batters have to be partially thawed to pour into tins but pies, cookies and muffins can be started to bake in their frozen state. For time and temperature, follow instructions on the package.

Thaw breads and rolls made with yeast dough; then knead and let rise before baking.

IF YOU HAVE A HOME FREEZER—prepare extra food when you are cooking; the extra food can be quick frozen and then kept for use when you are too busy to cook. Try this with stews, chicken a la king and your family's favorite dishes.

With your large electric oven, it's easy to prepare extra food. Freshly baked bread can be stored in the deep freezer; it will taste even better a week later than when you first take it out of the oven.

SURFACE COOKERY CHART

This chart should be used as a guide. Cooking time given varies with size and age of vegetables. Flat bottomed utensils with tight fitting covers were used to determine time.

Everyone's opinion of cooking is not the same. Therefore, you may want to vary the cooking time to suit your taste.

If cooking frozen food that has been thawed, use the same amount of water and a little less time than that indicated for fresh foods. Do not add water, if cooking unthawed, frozen food and allow more cooking time.

Time should be increased when cooking at high altitudes.

Food	Amount of Water	Cooking Position After Steam	Approx. Cooking Time After Steam	Your Notes
Apples	¼ inch	5	15-25 min.	
Asparagus	½ inch	5	15-20 min.	
Apricots (dried)	C. for cup	5	45 min.	
Artichokes	½ inch	5	30 min.	
Beans—waxed or green	¼ inch	5	30 min.	
navy, dried / lima, dried	3 C. for 1 lb. unsoaked	5	until tender about 3 hrs.	
Beets—whole	¼ inch	5	1 hr.	
sliced	¼ inch	5	30-45 min.	
Broccoli	½ inch	5	15-25 min.	
Brussels Sprouts	½ inch	5	15-25 min.	
Cabbage, red or green				
wedges	¼ inch	5	12-25 min.	
shredded	¼ inch	5	7-15 min.	
Carrots—whole	¼ inch	5	30 min.	
sliced	¼ inch	5	12-25 min.	
Cauliflower—whole	¼ inch	5	30 min.	
flowers	¼ inch	5	15 min.	
Celery	¼ inch	5	15-25 min.	
Cereals	See package			
Corn on Cob	¼ inch	5	15-20 min.	
Cranberries	¼ inch	5	20 min.	
Greens—Beet	none	5	15-25 min.	
Dandelion	¼ inch	5	25 min.	
Kale	¼ inch	5	25-30 min.	
Spinach	none	5	5-10 min.	
Turnip	none	5	10 min.	
Kohlrabi	¼ inch	5	20-30 min.	
Lentils	3 C. for 1 lb.	5	until tender, about 3 hrs.	
Macaroni	See package			
Noodles	See package			
Okra—whole	¼ inch	5	15 min.	
Onions—whole	¼ inch	5	15-30 min.	
Parsnips—quartered	¼ inch	5	15-30 min.	
Peaches	½ inch	5	10-25 min.	
Pears	½ inch	5	20-30 min.	
Peas	¼ inch	5	12-20 min.	
Potatoes—white, whole	¼ inch	5	30-35 min.	
halves	¼ inch	5	25-30 min.	
Potatoes—sweet, whole	¼ inch	5	25-30 min.	
halves	¼ inch	5	20-25 min.	

Food	Amount of Water	Cooking Position After Steam	Approx. Cooking Time After Steam	Your Notes
Prunes	C. for cup	5	45 min.	
Rhubarb	none	5	20 min.	
Rutabaga	¼ inch	5	25 min.	
Spaghetti	See package			
Squash—hubbard	½ inch	5	45-60 min.	
summer	¼ inch	5	15-20 min.	
zucchinni	¼ inch	5	10-15 min.	
Tomatoes	none	5	10 min.	
Turnips—quartered	¼ inch	5	20-30 min.	

Note: Non-starchy vegetables may be cooked with two tablespoons of butter instead of water. This is about the same amount of butter as would be used for seasoning before serving. Bacon drippings may also be used instead of water.

DEEP FAT FRYING CHART

Food	Temperature by Thermometer	*Bread Test
Croquettes	360°-370°	60 seconds
Croustades	390°-400°	30 seconds
Crullers	360°-370°	60 seconds
Doughnuts	360°-370°	60 seconds
Fish, Oysters	375°-380°	50 seconds
Fowl (pre-boiled)	360°-370°	60 seconds
Fritters	360°-370°	60 seconds
Onions	375°-380°	50 seconds
Potatoes	390°-400°	30 seconds
Timbale Cases	365°-375°	60 seconds
Vegetables	385°-390°	40 seconds

*If a fat thermometer is not available, test temperature of fat by dropping a 1-inch cube of stale bread into the hot fat. If bread browns in time specified, temperature of fat is correct for frying. Then drop food into fat and fry until brown.

CANDY AND FROSTING STAGES

	Temperature of Syrup		Temperature of Syrup
Thread	230° to 234°	Very hard ball	256° to 260°
Soft ball	236° to 240°	Light crack	270° to 285°
Firm ball	242° to 248°	Hard crack	290° to 300°
Hard ball	250° to 254°		

OVEN BAKING CHART

Hot Oven . . . . . 400°-500°
Moderate Oven . . . . . 350°-375°
Slow Oven . . . . . 300°-325°

Follow this chart for time and temperature unless they are given in recipe you are using. Baking time will vary with temperature of ingredients and size and type of utensil being used. However, if oven temperature is correct, variance should not be more than that given in chart.

Food	Preheat Oven To	Baking Time
BREADS		
Baking Powder Biscuits	475°	10-15 min.
Corn Bread	400°	30-45 min.
Gingerbread	350°	45-60 min.
Muffins	425°	15-20 min.
Nutbread	350°	45-60 min.
Popovers	450°	40-50 min.
Raised Rolls	425°	20-30 min.
Raised Sweet Rolls	400°	20-30 min.
*Yeast Bread	400°	60 min.
CAKES		
Angelfood	325°	60 min.
Angelfood (quick method)	375°	35 min.
Butter Cakes—chocolate or spice		
Loaf	350°	45-60 min.
Layer	350°	30-45 min.
Tube	325°	60 min.
Butter Cakes—light		
Cup cakes	375°	20-30 min.
Loaf	350°	45-60 min.
Layer	375°	25-30 min.
Fruit Cake (baking time depends on size of cake)	275-300°	1-3 hrs.
Jelly Rolls		
Light	350°	20-30 min.
Chocolate	400°	15-20 min.
Pound	300°	60-75 min.
Sponge	325°	60 min.
COOKIES		
Brownies	350°	25-30 min.
Drop	350°	10-15 min.
Filled	375°	10-15 min.
Macaroons	300°	25-30 min.
Refrigerator	425°	10-12 min.
Rolled	400°	12-15 min.
PIES		
Shell	450°	10-15 min.
2 crust, uncooked filling	400°	60 min.
2 crust, cooked filling	450°	30 min.
**Custard	425°	30-45 min.
Meat or Vegetable	400°	30-45 min.
Meringue Topping	350°	15-20 min.
**Pumpkin	400°	45-60 min.
Tart Shells	450°	10-12 min.
Tart, uncooked filling	400°	30 min.
Tart, cooked filling	425°	20-30 min.
**Optional—		
First	475°	10 min.
Then	325°	30-45 min.

Food	Preheat Oven To	Baking Time
MISCELLANEOUS		
Baked Potatoes	400°	45-60 min.
Cream Puffs	400°	25-35 min.
Meringues	300°	60 min.
Scalloped Dishes (uncooked)	350°	60 min.
Souffles	325°	45-60 min.

*If oven is to be loaded with bread, preheat it to 475°; when bread is placed in oven, turn thermostat knob to 400°. The additional heat compensates for the heat lost when a quantity of cold dough is placed in oven.

ROASTING CHART

The following chart gives you the cooking times and temperatures which have been arrived at by authorities as being the most satisfactory for roasting. After you have tried the times and temperatures given you may want to alter them to suit your family's taste. A slow, even temperature will give you meat that is more evenly roasted with less shrinkage than the searing method.

Meats	Temperature	Minutes Per Pound
BEEF		
Standing Ribs—rare	300°	25-30 min.
medium	300°	35 min.
well-done	300°	40 min.
Rolled Ribs—rare	300°	35-40 min.
medium	300°	40-45 min.
well-done	300°	50-60 min.
HAM		
Smoked—10-18 lbs.	325°	20 min.
18-25 lbs.	325°	15-18 min.
LAMB	300°	35-40 min.
VEAL	300°	25-35 min.
PORK		
Loin	350°	40 min.
Shoulder	350°	40-45 min.
Fresh Ham	350°	35-40 min.
POULTRY		
Chicken	300°	30 min.
Turkey—10-12 lbs.	300°	30 min.
12-15 lbs.	300°	20-25 min.
over 15 lbs.	300°	15 min.
Duck	325°	30 min.
Goose	325°	25 min.

BROILING CHART

Except when indicated, this chart was prepared using meat at room temperature and broiling with top of meat about 3 inches from broiler unit. Cuts of meat that are thicker than 1½ inches, should be placed more than 3 inches from broiling unit to avoid excessive browning before meat is sufficiently cooked. If broiling frozen meats without thawing, place them about 4 in. from unit and allow more time.

Use tender cuts of meat as broiling does not tenderize meat. Avoid using cuts that are very thin as they are apt to dry out when broiling.

Score edges of steaks and chops to prevent them from curling and burning.

Food	Broiling Time Each Side
Bacon (4 inches from unit)	3-5 min. (turn often)
*Chicken	25-30 min.
Fish—whole (skin side down)	15 min. (do not turn)
fillet	10-15 min.
Ground Meat (1-inch thick patties)	10-15 min.
Ham (1-inch thick)	10-12 min.
Lamb Chops (1½ to 2 inches thick)	10 min.
Liver	5-8 min.
Lobster—live-broil (flesh side first)	10-15 min.
par-boiled	10 min. (one side only)
Steak (at least 1-inch thick, allow more time if thicker)	
rare	5-8 min.
medium	10-12 min.
well-done	15-20 min.

*To hasten broiling time and assure well done chicken, steam it first in ¼ cup of water for 5-10 minutes, depending on size. For added flavor, rub with oil before broiling.

COOKING HINTS

Remove pits from large white Queen Ann Cherries and stuff with cream cheese—include them in your fruit salad or on the hors d'oeuvre tray.

Add lemon juice to mayonnaise—heat over hot water and serve as Mock Hollandaise sauce over green vegetables.

Freeze liver before grinding for loaf—grinds easier.

Trim crusts from fresh bread—butter and press into buttered muffin tins—put in hot oven until delicately browned. Use as shells for creamed dishes.

Grease the pan before melting chocolate—prevents sticking.

Orange slices are both colorful and good in your Waldorf Salad.

If you will break, instead of cut the tough ends of asparagus they will break where the tender edible stalk begins.

Roast fowl with breast down to permit juice to run into the white meat.

Maple syrup over ice cream makes a delightful dessert. A sprinkle of walnuts is good too.

Use unpeeled apples for your Waldorf Salad—adds color and nutritional value.

The addition of sour cream to green vegetables just before serving—very good.

Mash cooked winter squash, add some nuts, top with crisp cereal flakes and brown in the oven. Very good with ham.

Chopped chives add that certain something to eggs. Try it in an omelet or scrambled eggs. Colorful and tasty.

Prunes are welcome as a dessert if simmered in Port wine and then chilled.

Don't neglect the cooking Sherry in your creamed dishes.

GENERAL INDEX

	Page
Abbreviations	8
Automatic Timer Clock	3
Baking	23, 24
Breads	27
Cakes	25
Cookies	30
Pies	31
Baking Chart	44
Breads	27, 28, 29
Broiler	3
Broiling	37
Broiling Chart	46
Cakes	25, 26
Candy and Frosting Stages	43
Cleaning and Care	5
Clear View Oven Window	3
Convenience Outlet	2
Cooker Meals	20, 21
Cookies	30
Cooking Hints	46
Cooking Terms	8
Baste	8
Blanch	8
Braise	8
Bread	8
Cream	8
Cut	8
Fold	8
Fricassee	8
Knead	8
Marinate	8
Pan Broil	8
Poach	8
Puree	8
Pureed Soup	8
Score	8
Sear	8
Truss	8
Deep Fat Frying	16
Deep Fat Frying (in Deep-Well)	18
Deep Fat Frying Chart	43
Deep-Well Cooker	2, 17
Deep-Well Cooking	17
Cereals	18
Cooker Meals	18
Deep Fat Frying	18
Desserts	18
Dried Fruits	18
Fresh Fruits and Vegetables	18
Meats	17

	Page
Desserts	22
Egg and Cheese Dishes	14
Fish	15
Frozen Foods	41
General Information	8
Icings and Fillings	13
Meats	39
Oven	2, 23
Oven Cookery	23
Baking	24
Roasting	24
Oven Meals	24
Oven Meals	34, 35, 36
Oven Signal Lights	3
Oven Units	3, 23
Pilot Lights	2
Pies	31, 32
Pressure Cookers	7
Range Top	2
Roasting Chart	45
Sauces and Puddings	12
Skillet Meals	11
Soups	19
Stuffings	40
Surface Cookery	9
Frying	9
Panbroiling	9
Vegetables	10
Surface Cookery Chart	42
Surface Units	2
Surface Switches	2, 4
Table of Equals	8
Thermostat	3, 23
Time and Temperature Charts	
Baking Chart	44
Broiling Chart	46
Deep Fat Frying Chart	43
Roasting Chart	45
Surface Cookery Chart	42
Time Minder	3
Utensils	6
Vegetables	10
Warming Compartment	3

Recipe Index is on Page 48.

RECIPE INDEX

	Page
Acorn Squash	34
Apple Dumplings, Spiced	12
Apple Pan Dowdy	36
Apple Sauce, Spiced	34
Arroz Con Pollo (Chicken & Rice)	20
Banana Spice Cup-cakes	26
Barbecue Sauce	35
Beans, Boston Brown	21
Beef and Noodles	20
Beef Loaf	39
Beef Stew	39
Braised Short Ribs	21
Deviled Round Steak	11
Roast Ribs	39
Swiss Steak	35
Biscuits, Baking Powder	28
Bread, Banana Nut	27
Boston Brown	21
Corn	27
Fruit	27
Peanut Butter	27
Scotch Shortbread	27
30-Minute	27
Buns, Cinnamon	29
Hot Cross	29
Cabbage, Escalloped	34
Sweet Sour	10
Cake, Basic Butter	26
Orange	26
Pineapple	26
Pound	26
Quick Angel Food	25
Red Devils Food	25
Tomato Soup	26
Whipped Cream	25
Canadian Bacon, Roast	39
Oven Meal	34
Carrots and Onion Butter	10
Minted Carrots	36
Cereals	18
Cheese Dreams Deluxe	14
Cheese Dressing	14
For Broiled Steak	38
Chicken, Barbecued	35
Fricassee	20
Chicken & Rice (Arroz Con Pollo)	20
Chili Con Carne	21
Chocolate Beverage For Party	22
Chop Suey	21

	Page
Cookies, Banana Oatmeal	30
Brownies	30
Henreyses	30
Oatmeal Drops	30
Orange Nut	30
Scotch Oatmeal	30
Sour Cream Lemon	30
Corn Omelet	10
Pudding	36
Scalloped	35
Cottage Cheese and Egg Croquettes	16
Crabmeat Mornay	15
Deep Fat Frying on Surface Units	16
In Deep-Well Cooker	18
Doughnuts	16
Dressing, Apple	40
Chestnut	40
Cornbread	40
For Fish	40
Oyster	40
Potato	40
Sausage Poultry	40
Sweet Potato and Sausage	40
Wild Rice	40
Egg Foo Yong	14
Eggs, Benedict	14
Hard Cooked	14
Soft Cooked	14
Stuffed, Au Gratin	14
Finnan Haddie, Creamed	15
Fritter Batter	16
Frankfurters, Hot Potato Salad	21
Stuffed	38
Frosting, Marshmallow	13
Gingerbread Filling	13
Grapefruit, Broiled	38
Green Beans and Bacon	10
Ham and Noodle Skillet Meal	11
Ham and Pineapple	11
Ham Ring	20
Swedish Ham Balls	39
Southern Ham Sandwich	38
Upside Down Loaf	34
Harvard Beets	10
Hot Slaw	10
Icings, Chocolate Cream	13
Fluffy White	13
Gingerbread Filling	13
Jelly	13
Lemon Cream	13
Marshmallow Frosting	13
Peppermint	13
Raw Apple	13
Sweet Roll Topping	13

Page

Lamb Loaf....36
Patties, Baked....39
Whirls....38

Lima Beans En Casserole....35

Liver and Bacon En Brochette....38

Lobster Newburg....15

Meringue For Pie....32

Muffins (Basic Recipe)....29
Oatmeal....29
Peanut Prune....29
Sour Cream....29

New England Boiled Dinner....20

Oatmeal Date Loaf....29

Onions, French Fried....16

Oyster Fritters....16

Pie Crusts, Graham Cracker....31
Plain Pastry....31

Pies, Apple....31
Butterscotch....32
Cherry....31
Chocolate Cream....32
Coconut Cream....32
Custard....32
Lemon....32
Pumpkin....32
Rhubarb....31
Sour Cream....32
Sunny Silver....32

Pigs In Blanket....21

Pineapple Rolls, Broiled....38

Pork Chops and Mock Turtle Platter....11
Pork Chops and Rice....39
Stuffed....39
Stuffed Pork Chop Dinner....34

Potato Salad, Hot and Frankfurters....21

Potatoes, Au Gratin....34
Balls In Cream....10
Buttered....35
French Fried....16
Oven French Fries....34
Steamed....35
Sweet Potatoes, Baked....34
White Potatoes, Baked....36
With Cooker Meals....20, 21

Pudding, Bread....34
Celia....12
Cherry, Steamed....12
Cornflake Apple....34

Page

Cottage....22
Date....35
Date and Nut....36
Delicious Crumb....22
Fruit....22
Graham Cracker, Steamed....22
Molasses....22
Pear and Cherry....22
Rice....35

Rolls, Cinnamon....28
Clover Leaf....28
Cornmeal....28
Flaky Butter....28
Orange Flour....28
Parker House....28
Raised Refrigerator....28
60-Minute Dinner Rolls....28
Sweet Roll Dough....28

Round Steak, Deviled....11

Salmon Creole....15
Loaf....36

Sandwiches, Broiled Salad Rolls....38
Southern Ham....38
Tomato and Salmon Toast....38

Sauce, Cherry....12
Hard....12
Hollandaise....12
Mushroom....20
White....12

Sauer Kraut and Spare Ribs....21

Shrimp and Mushrooms....15
Curried Shrimp....15
Luncheon Dish....11

Soup, Chicken Mulligatawny....19
Corn Chowder....19
Cream of Mushroom....19
Mock Turtle....19
Onion....19
Split Pea....19
Vichyssoise....19

Spinach Soufflé....36

Steak, Broiled Sirloin....38

Stuffed Frankfurters....38

Swiss Steak....35

Tomato and Salmon Toast....38

Tomato Rarebit, Fluffy....14

Tuna Fish Casserole....15

Veal and Nut Loaf....39
Curried Veal....11
Fricassee....11

PRICE 50c

M
W